



nami

Ventura County

National Alliance on Mental Illness

Newsletter

July-September 2014

GENERAL MEETING

NAMI Ventura County holds monthly educational General Meetings dealing with a wide range of issues relating to mental illness.

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 9, 2014 6:45 pm

Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

DIALECTICAL BEHAVIOR THERAPY

with

Diane Sall, LMFT

Dialectical Behavior Therapy (DBT) is a comprehensive cognitive-behavioral treatment for complex, difficult-to-treat mental disorders. While core concepts of DBT can be critical to people living with Borderline Personality Disorder, these concepts are also very useful to everyone.

What are the principles of DBT?

What role does mindfulness play?

How can families apply DBT in their interactions with loved ones?

Join us at next month's General Meeting as we learn why DBT has become one of the most researched and proven evidence-based therapeutic treatments.

Diane Sall attended California State University, Los Angeles and earned her Master's Degree in clinical psychology in 1985. She has been licensed as a Marriage and Family Therapist since 1990 and has worked in both in-patient and out-patient settings with a variety of populations including those suffering from severe mental illness, addictions and eating disorders. She is currently serving on the board of NAMI Ventura County and is a Provider Education Program panelist and a Family-to-Family teacher.

A Family Support Group will be held prior to the General Meeting, from 5:30 pm to 7:00 pm.

**NAMI VENTURA COUNTY HELPLINE
(805) 500-NAMI**

Call for support or information on a variety of resources. Open Mon to Fri 9 am to 5 pm.

SAVE THE DATE!



**Celebrating Our Heroes!
Recognition and Casino Night**

**Saturday October 25, 2014
Las Posas Country Club, Camarillo**

**Awards • Dinner • Cocktails
Live Casino Action!**

Watch for details!

*Presenting awards to Ventura County's
Mental Health Heroes*

Exemplary Peer

ALISON BALTER

Outstanding NAMI Volunteer

BOB WICKHAM

Advocate of the Year

CMDR. LINDA OKSNER

Distinguished Provider Organization

TURNING POINT FOUNDATION

Ventura County Featured at Multicultural Symposium

by Sahra Khan & Patricia Ebner

"Hello. Hola. Buenos Dias. Que Paso. What's up!" community advocate, Gabino Aguirre, said enthusiastically as he spoke from the podium at NAMI California's First Annual Multicultural Symposium at the Newport Beach Marriott on July 31, 2014. Community leaders from all over California gathered to hold an open dialog about the challenges and successes that organizations have experienced with identifying specific service gaps in mental health, for unserved and underserved populations. The event was in support of former U.S. Surgeon General David Satcher's policy initiative to identify solutions for historically unserved, underserved, and inadequately served communities.

The Multicultural Symposium featured a special panel presentation of leaders from Ventura County who shared their experience in working to reduce disparities. This process was meant to serve as a model for other counties to emulate.

The two of us were fortunate enough to attend on behalf of Recovery Innovations, Inc.

The morning started with a warm welcome and introductions from NAMI California's president, Dorothy Hendrickson. The excitement in Dorothy's voice was apparent as she spoke of the collaborative process of making the symposium a reality. Senator Holly J. Mitchell, Senate district 26 in Los Angeles, followed and spoke passionately about her belief that healthcare, including mental healthcare, is a human right and identified ways in which she plans to help move California in that direction.

The keynote speaker, Dr. William Beardslee, talked about the promise of evidence informed preventions. He talked of resilience at multiple levels, learning from families and the family talk project. He spoke of the ways songs, churches, prayer, spiritual focusing on the present and humor all help in recovering from mental illness. He spoke of the time he accompanied a client to the client's church and heard Martin Luther King Jr. preach, well before he became the leader of the civil rights movement.

Sergio Aguilar-Gaxiola, MD, PhD, the new Board President of NAMI California, made opening comments about how to reduce disparities. He identified the most prevalent disorders and spoke of studies showing children of immigrants have greater mental health illnesses. He presented models for us to roll up our sleeves and do the work.

The next ninety minutes were dedicated to hearing from the Ventura County Panel, which had been asked by NAMI California to serve as a model for collaborative inclusion and on achieving mental health equity. The first panelist was Meloney Roy, Chief Deputy Director of Ventura County's Health Care Agency. She shared some remarkable statistics on the progress Ventura County has made in terms of reducing disparities relative to minority mental health. Henry Villanueva, EdD, spoke of data relevant to serving Latinos in Ventura County. Oxnard Councilmember and Mayor Pro Tem Carmen Ramirez, Esq. spoke of how to look at a more equitable distribution of healthcare. Gabino Aguirre, PhD, Community Advocate, talked about other barriers to overcome such as transportation and

counseling. Ratan Bhavnani, Executive Director of NAMI Ventura County spoke of the many community agencies which had come together to help address these disparities in Ventura County. He also showed how this process has helped significantly increase class enrollment in NAMI's Familia a Familia classes. The last to speak from the panel was Gustavo Loera, cultural consultant, who told us a great metaphor about the insight one can gain from putting oneself in another's shoes. "A client extends his arm out in front of him so the palm of his hand is facing his therapist. He asks 'What do you see?' The therapist replies 'I see the palm of your hand'. The client responds, 'No, look closer. What do you see?' The therapist looks confused and says 'Well, I see some swirls on your fingertips and some lines on your palm.' The client shakes his head. 'Until you can see the back of my hand and knuckles and fingernails, you aren't really seeing what I'm seeing'. This was a good example to highlight the fact that in order to understand someone, you must see the world from their perspective.

The definition of cultural humility is the "ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to that [person]". In this first annual multicultural symposium, NAMI California brought together "cultural humility" and mental health to form a comprehensive and inspiring plan to bring mental health awareness and services to ALL people.



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

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 licensed clinicians.
Two classes are scheduled for fall.

VENTURA

Class Begins: September 8, 2014

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

Aliso Escrow Inc.

4522 Market St., Ventura, CA 93003

CAMARILLO

Class Begins: October 9, 2014

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

NAMI Ventura County

5251 Verdugo Way, Suite K, Camarillo, CA 93012

There is no cost to participate, but pre-registration is required.

**Register online at www.namiventura.org/PEP
or call (805) 641-2426 for more information.**

Mental Illness, Suicide and Stigma: One Mothers Fight

by Mark Neal

Sometimes it seems that the tragedies of mental illness touch all of our lives. The death by suicide this month of Robin Williams sent a wave of shock and mourning through the world. The response is so familiar. He was so successful, had so much potential, lived with so much integrity, and brought so much light into our lives. How could this have happened?

He, like so many of our loved ones, suffered from a mental illness. Because of his disease of depression, he lived with deep and unfathomable pain – a pain that in the end took his life. He was adored by millions and had a loving family but that was not enough to save his life.

Unfortunately, Robin Williams' was not alone in his suffering, nor in his death from suicide. According to the Center for Disease Control, suicide is among the top 10 causes of death among people age 10 and older. Perhaps most poignant are cases of young people and a study published in 2009 reported that among those aged 10-24, 4.6% of men and 8.1% of women attempt suicide. The enormity of the issue and the immediacy of the need for suicide prevention can sometimes seem overwhelming.

However, Norine Rishko is determined to do something about it. She is the mother of three sons. Her middle son, Shawn, was a typical boy – active, talented, fun to be with and loved by his friends. Around the time he attended high school he began to feel that something was not right with him. Then, shortly after he started college, Shawn began emailing his parents that things weren't going so well. Something was wrong. He came home. He saw psychiatrists and was diagnosed with bipolar disease, a challenging illness marked by extreme emotional highs and lows. He received medication. Despite his treatment, despite the love of his family, despite his friendships, he tragically died of suicide in 2006 at the age of 22.

One can only imagine the depth of despair that his mother, Norine must feel. However, she is determined to turn their tragedy into hope by working towards creating more support for suicide prevention. Norine has made it her mission to reduce the stigma associated with suicide and mental illness. The stigma surrounding mental illness isolates many of those who suffer, often keeping them from seeking treatment and crucial support of their peers and loved ones.

The need to eliminate stigma is widely accepted as critical to providing treatment for mental illness and preventing suicide. The Alliance for Suicide Prevention states that its top goal is to, "Foster positive public dialogue; counter shame, prejudice, and silence; and build public support for suicide prevention." Shawn's story gives us insight into how important that is. To his friends he was outgoing, played soccer, and was fun to hang out with. But Shawn did not confide in his friends his ongoing battle with bipolar so they never got the chance to help him in his time of greatest need. When they received the news of his death his friends were all shocked. None had any idea of the depth of Shawn's suffering.

Norine and Shawn's friends have found a unique way to create a legacy of hope. In 2002, Shawn and other Oak Park High alumni started an annual Thanksgiving football game they dubbed the "Turkey Bowl" as a way for them to stay connected and maintain their friendships. After Shawn's death, they dedicated the event to Shawn's memory. Norine and the players have made the event a fundraiser. Norine has garnered the support of many businesses and individuals in her community, soliciting both donations and raffle prizes. What started with Norine and two young men now has 115 players and a beautiful memorial trophy. As she should be, Norine is

proud of the fundraiser and proud to donate this year's proceeds to NAMI Ventura County in recognition of NAMI's great work busting stigma and bringing support for the mentally ill.

Norine is a wonderful example of how we each can play a part in bringing hope and help to so many who suffer from mental illness and their loved ones. By raising public awareness and creating safe ways for the mentally ill to reach out for help perhaps we can prevent the tragic loss of all the bright and promising people such as Shawn and Robin and the more than 38,000 other who die by suicide each year. ❖



**9th Annual Turkey Bowl
Thanksgiving Day
Thursday, November 27,
7:30 am to 1:00 pm
Oak Park High School
899 N. Kanan Rd.,
Oak Park, CA 91377**

Marijuana and the Developing Brain: New Risks and Realities

by Leina Ball

Our general meeting for July, *Marijuana and the Developing Brain*, featured guest presenters from the Ventura County Behavioral Health (VCBH) Alcohol and Drug Programs: Dan Hicks, Manager of Prevention Services, and Richard LaPierriere, Clinic Administrator. They presented an in-depth discussion on the effects of marijuana use by adolescents and explained how the potency of marijuana today is much greater than ever before. In an era of pro-drug websites overflowing with mis-information, it was most helpful to have recent research framed in the context of our county. One factor creating confusion stems from some adults who grew up in the 60's and 70's and feel that marijuana use is not a big deal. However, marijuana grown today can be five times more potent due to engineering, and with the prevalence of "medical marijuana" it is more accessible than ever, giving teens the impression it is harmless. Heavy use among teens is on the rise and recent advances in brain research are presenting some concerning results.

Our brains have naturally occurring cannabinoid receptors that are involved in appetite, pain sensation, mood, memory, immune function and neuro-development, but this is *not* to be confused with cannabis, which binds to the brains cannabinoid receptors and displaces their natural regulatory features. Additionally, cannabis is addictive and withdrawal can include: irritability, anger, depression, sleep difficulty, craving, or decreased appetite, peaking after two or three days and lasting up to four weeks.

A lot is happening with brain development through the teen years and into the early twenties, and the effects of marijuana on the developing brain can be devastating. Adolescence is a period of brain development when risk taking surges and impulse control is not yet optimized. Correlations have been found between marijuana use and mental health problems such as: depression, anxiety, suicidal thoughts and personality disturbances.

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Criminal Justice and Mental Illness

by Renee Foote

The General Meeting on Tuesday, May 13, was an enlightening presentation by David Deutsch about mental illness and criminal justice in California.

In the late 1960s and early 1970s, California started closing its state mental health institutions, which were supposed to be replaced by community clinics/services, but they were undeveloped.

As a result, there was an increased rate of homelessness, increased contact with law enforcement, a significant rise in drug use, and increased rates of incarceration. Today, more people with mental illnesses are incarcerated as opposed to receiving treatment in state hospitals.

The screening process at state prisons for mental illness includes prior psychiatric hospitalizations, current psychotropic medications, assessing for suicidality, and identifying maladaptive behaviors.

The Correctional Clinical Case Management System (CCCMS) comprises 83% of mental health cases. These inmates live with the general prison population. The services include daily medication support, psychiatric appointment every 90 days, and appointments with a correctional counselor and primary clinician.

The Enhanced Outpatient Program (EOP) comprises 15% of mental health cases. These inmates are separated from the general prison population. EOP services include daily medication support, bi-weekly appointment with Primary Clinician, psychiatric appointment every 30 days, and weekly groups for 10 hours. There are many EOP treatment activities such as daily living skills, medication education, symptom management, specific mental health issues, social skills communication, anger and stress management, substance abuse, and offense specific therapy.

The Mental Health Crisis Bed (MHCB) designation is for people who are a danger to self or others. They receive 24-hour care during a maximum stay of 10 days.

Pre-release planning includes linkage to Parole Outpatient Clinic (POC), linkage to inpatient services in the community, linkage to Mentally Disordered Offender (MDO) Program operated at Department of Mental Health facilities, as well as application for SSI/SSDI benefits.

On May 23, 2011, the U.S. Supreme Court ordered the release of 33,000 prisoners from California prison facilities because prisoners were routinely being denied medical and mental health treatment as a result of severe overcrowding. Within weeks, state legislators drafted Assembly Bill 109 to meet the court order. Effective October 1, 2011, AB 109 allows non-violent, non-serious, and non-sex offenders to serve their sentence in county jail instead of state prisons. Mental health, substance abuse, and case management services are available in all California counties.

The Ventura County Jail now houses AB 109 re-offenders at Todd Road Jail. People are assessed upon entry, and those with serious mental illness are separated from general population. Medication is dispensed daily and psychiatrists are seen as



needed.

There are many re-entry challenges that inmates face when they are released from jail, such as finding housing, maintaining finances, adapting to mainstream societal culture and norms, adapting to fast pace of life, goal setting, establishing healthy relationships, finding meaningful pro-social activities, avoiding anti-social friends and behaviors, avoiding triggers for drugs, believing in their self-worth, navigating the system, and utilizing resources and support. Specific mental health concerns include resistance to taking medications, fragmented systems of care, escalation of symptoms due to stress, peer pressure to not take medications, and co-occurring substance use disorders.

In order to have a successful criminal justice system in the future, Deutsch recommends evidence based practices, integrated treatment systems, increased level of community resources, increased public awareness of challenges, and community participation in reintegration.

At the end of the meeting, Deutsch surprised the audience by revealing that he was arrested 14 years ago for drug possession and transportation. He was sentenced to six years in San Quentin State Prison, but served only three years due to good behavior. Early in his prison term, he decided to dedicate the rest of his life to helping others with drug problems. After his release, he became a certified addiction counselor and earned a master's degree in social work. He is currently a consultant for forensic programs in Ventura County and works with former prisoners who have mental health challenges. Deutsch has received awards from the Ventura County Mental Health Board and from the Ventura County Parole Police and Corrections Team for outstanding community service. ❖

(Cont'd from page 3)

Marijuana and the Developing Brain

In fact, one in ten young people who become dependent develop psychotic symptoms. The younger a person is when they start using, the more at risk they tend to be, thus even delaying use can be very helpful. The toxicity to the brain development in adolescence manifest as a decrease in: motivation, short-term recognition, filtering of unnecessary information, neurons and synaptic density, and increased anxiety. Research shows that marijuana use can cause a permanent drop in IQ. Yet teens who delay first use till after 18, as opposed to those that start at age 15, are 3.6 times more likely to graduate high school and 3.7 more likely to earn a college degree.

Marijuana is definitely an industry, and selling "medical marijuana" packs a strong media and social exposure message despite research showing the adverse effects. Young people who use tend to believe everybody uses. It is encouraging to look at trends and see that use goes down in young people when perception of risk increases. For teens and adults seeking help it is available at VCBH-Alcohol and Drug Programs: 805-981-9200. Teens can get free confidential help, or low cost help, through the Affordable Care Act. Parents are encouraged to: talk with their kids about risks and harm; get agreements to abstain; trust their kids but verify facts; set clear limits and enforce them. Many thanks to Richard LaPierriere and Dan Hicks for sharing the latest research on the effects of marijuana and the treatment options at VCBH for teens and adults. ❖

Volunteer Opportunities!



Volunteers Dolores Ramirez and Linda Baldwin help people visiting their loved ones with resources and support.

Friends in the Lobby Training

NAMI Ventura is offering a rare *Friends in the Lobby* Training.

Friends in the Lobby is staffed by volunteers who have been personally affected by mental illness in their families, and are graduates of the NAMI Family to Family class. Manning a resource table in the lobby of the hospital, they greet family members who have come to visit their loved ones. The visitors are often unfamiliar with mental illness, and sometimes in crisis. Providing a listening ear, timely information, compassion and hope, *Friends in the Lobby* volunteers are an important component, assisting families in the steps they must take to support their loved one in recovery.

Consider joining this extraordinary group of volunteers and becoming a Friend in the Lobby. A training session will take place in the Camarillo office on Friday, September 26th from 9:30 am to 2:00 pm. A light lunch will be included. For more information please call Joan in the NAMI office (805) 641-2426, or email joan.wiggins@namiventura.org. ❖

Share your passion!

In collaboration with NAMI Ventura County, Turning Point Foundation *Quality of Life Improvement Project* is seeking volunteers to share their passion with people living with serious mental illness in Ventura County's Board & Care facilities.

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 Quality of Life Project seeks to improve the lives of people living in Board and Cares in Ventura County by enriching their environment and integrating them into the community. This exciting program is currently in two Board & Cares and will be adding the program to more facilities soon. Activities include art and gardening programs, fitness activities such as Pilates and Yoga, meditation and other spiritual activities, pet therapy, book and movie clubs, field trips and more.

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.

Start thinking about how you can get involved! Do you have a hobby you'd like to share? Are you skilled at gardening or art? Do you love to read and talk about what you've read? Are you an exercise aficionado? What do you have to share with someone whose life could truly benefit from your enthusiasm? Call Joan at NAMI Ventura County, or email joan.wiggins@namiventura.org for more information.

Want information on other volunteer opportunities at NAMI Ventura County?

Contact Joan at joan.wiggins@namiventura.org or call (805) 641-2426

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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
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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
Program Coordinator: Diane Bustillos

2014 Board of Directors

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	Sharon Robinson

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Kent Kellegrew	Legal
Fred Robinson	Non-Profits

**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):

_____ Gold (\$100)* _____ Silver (\$50)* _____ General (\$35)* _____ 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:

- | | | | |
|----------------------|---------------------|----------------------|-----------------|
| () NAMI Office Work | () Support Groups | () Family-to-Family | () Fundraising |
| () Outreach | () Legislation | () Membership | () Hospitality |
| () Publicity | () Speakers Bureau | () Newsletter | () Other |

NAMI FAMILY SUPPORT GROUPS

Please note – These NAMI groups are for family members. 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. **Please note: Effective September 15th this meeting is located at Kaiser Permanente, 145 Hodencamp Rd.**

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

Simi Valley – Meets at 6:15 pm, the first and third Thursday at Clinecas, 1424 Madera Rd., Simi Valley, CA 93065.

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.

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
5251 Verdugo Way, Suite K, Camarillo, CA 93012

PEER SUPPORT GROUPS

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

Depression & Bipolar Support Alliance

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. Park in the lot off Johnson Drive. No registration required. For more information, call (805) 253-3289.

See www.facebook.com/DBSA.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 ❖

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 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 classes 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
Camarillo, CA 93011-1613

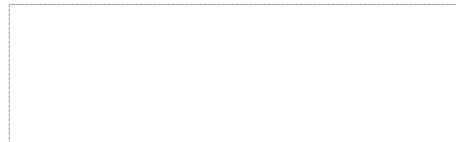
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Oxnard, CA
Permit No. 00280

Check the mailing label for your membership expiration date.

No date? Please consider signing up to become a member.

See page 6 for a membership or renewal form.



Save the Date!

Put these exciting
NAMI Ventura County
events on your calendar!

**Celebrating Our Heroes:
Recognition and Casino Night**
Saturday, October 25, 2014

NAMI Ventura County Holiday Party
Tuesday, December 9, 2014

NAMIWalk Ventura County
Saturday, May 2, 2015