



# NAMI

# Ventura County

National Alliance on Mental Illness

Newsletter

October-December 2014

## GENERAL MEETING

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

**Tuesday, October 14, 2014 6:45 pm**  
Vineyard Community Church  
1320 Flynn Road, Camarillo, CA 93012

## PEER PROGRAMS IN VENTURA COUNTY

### RECOVERY PANEL

**Recovery Innovations - Heather Gratt**  
**Pacific Clinics, TAY Tunnel - Jen Gomez**  
**Turning Point, Wellness Center - Laura Flores**

Join us as we learn about programs and activities available for people living with mental illness. These services, which are all funded by Ventura County Behavioral Health, help to support our loved one's recovery from mental health challenges. Hear from three respected organizations and see how you or a family member can connect and become empowered to accomplish your goals.

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

## NAMI Holiday Party 2014

(No General Meeting in December)



**Tuesday December 9th**  
**5:00 PM to 8:00 PM**

**Elks Lodge, 801 South A Street, Oxnard**

**Free for all Clients residing in Board & Cares, Room & Boards, Residential care facilities, Independent Living, families, Staff from facilities, clinics, VCBH and other agencies**

## Celebrating Our Heroes!



**Fundraiser benefiting**  
**NAMI Ventura County Programs**

**Saturday October 25, 2014, 6:00 pm**  
**Las Posas Country Club**  
**955 Fairway Drive, Camarillo, CA 93010**  
**Awards • Dinner • Cocktails**

*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**

**Silent Auction Items include:**  
7 nights at the Royal Lahaina Resort in Maui  
Disneyland Tickets  
Lakers Tickets

See page 2 for more details  
Or visit [namiventura.org/casino-night](http://namiventura.org/casino-night)  
**Get Your Tickets Today!**



# Please Join Us In a Night of Recognition to Honor Our Mental Health Heroes & Casino Night Fundraiser!!!



**Saturday, October 25, 2014**  
**6:00 pm to 11:00 pm**  
**Las Posas Country Club**  
**955 Fairway Dr., Camarillo**

*Exemplary Peer*  
**ALISON BALTER**

*Outstanding NAMI Volunteer*  
**BOB WICKHAM**

*Advocate of the Year*  
**CMDR LINDA OKSNER**

*Distinguished Provider Organization*  
**TURNING POINT FOUNDATION**

### We are looking for Sponsors!

#### Ways to be a Sponsor

**Event Sponsor! \$1500** - Name in program, recognition at event, sign on gaming table, 4 free tickets to event, bottle of wine.

**Executive Sponsor! \$750** - Name in program, recognition at event, sign on gaming table, 2 free tickets to event.

**Premier Sponsor! \$500** - Name in program, recognition at event, sign on gaming table.

**Corporate Sponsor! \$150** - Name in program, recognition at event.

**Donate an item valued at \$25 +** for one of our Door Prizes.

**Donate an item valued at \$50 +** for our Silent Auction!

For more information, donations or to buy tickets please call,  
**(805) 641-2426**

[events@namiventura.org](mailto:events@namiventura.org)

**Deadline for Sponsorship print materials is Wed., Oct. 22nd, 5pm**

**Please Share With Family & Friends**

**Your donation is tax deductible as allowed by law.**

The mission of NAMI Ventura County is to provide emotional support, education and resources for families affected by mental illness. Through community collaboration and education, we advocate for a life of quality and dignity—one without discrimination—for all people affected by this illness.

Our Services to the Community include:

- Crisis Outreach
- Consumer & Family Support Services
- Sharing & Education
- Families Helping Families
- Community Awareness Building & Collaboration
- Advocacy

NAMI Ventura County  
P.O. Box 1613  
Camarillo, CA 93011  
(805) 641-2426  
Email: [info@namiventura.org](mailto:info@namiventura.org)  
[www.namiventura.org](http://www.namiventura.org)  
501 (c)(3) Non-Profit Organization  
Federal Tax ID #77-0037450

#### Tickets

Dinner & \$150 of Casino Night Fun Money	\$75.00/person
Dinner Only	\$45.00/person
Casino Night Fun Money Only (\$100)	\$25.00/person
Additional Casino Night Fun Money will be available at event.	
If unable to attend you can still donate	\$_____

BLACKJACK  
CRAPS  
ROULETTE  
TEXAS HOLD'EM  
**R A F F L E**

You Must Register To Attend And Be At least 21 Yrs. Of Age

**Silent Auction      No Host Bar      Casual Attire**

**Registration/Participation is Not Complete Until Payment is Made in Full by Thurs. Oct. 23rd 2014**

Email \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, St., Zip \_\_\_\_\_

Phone \_\_\_\_\_

#of Combo Guests \_\_\_\_\_ #Dinner Only Guests \_\_\_\_\_ #of Casino Fun Night Only \_\_\_\_\_

### Ways to Buy Tickets

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_

#### Accepted Forms of Payment

On our secure website at: [www.namiventura.org](http://www.namiventura.org)

Credit Card \* Check \* Cash \* Money Order

**Please make checks payable to: NAMI Ventura County**

Mail to: P.O. Box 1613, Camarillo, CA 93011-1613



## Dialectical Behavior Therapy

by Kimberly Quinn

For the September General Meeting's lecture NAMI tapped into its Board of Directors pulling Diane Sall, LMFT, to speak about Dialectical Behavioral Therapy. Sall, a longtime therapist, also participates in NAMI's Family to Family Program as well as the Provider Education courses.

Sall characterized DBT as an effective form of therapy which research has shown can facilitate marked, lasting changes. DBT was created in the 1980s as a branch of Cognitive Behavioral Therapy by Marsha Linehan. Linehan developed DBT because she was working with a number of clients living with Borderline Personality Disorder as well as suicidal thoughts and self-injury. CBT was not helping those clients as much as she wanted. However, they found DBT to be effective with other illnesses and show concrete advantages including the client retaining more of the treatment, less frequent suicide attempts, less anger, fewer inpatient days, less drug and alcohol abuse, better socialization, and a reduction in hopelessness.

In contrast to the highly structured CBT, DBT is highly flexible, Sall said. Sall pointed out that DBT practitioners strive to be non-judgmental and find ways to be supportive including validating their client's feelings, even if they are difficult. Another difference from CBT is that DBT can easily be done in inpatient, group settings, broken down into focused classes, and managed by a treatment team rather than a single professional.

"With DBT the therapeutic relationship is very important. The therapist forms a deep and genuine therapeutic alliance with the client. And so it's very much a re-parenting kind of relationship," Sall said. "It's very important. It's very close."

The four main principles of DBT are that everything is interconnected, reality is constantly changing, the truth can be viewed from different perspectives, and DBT accepts clients as they are as well as moving toward positive change. For example, Sall said, if a client self-injures through cutting a DBT therapist would not be judgmental. Rather, the therapist would seek to validate the client's experience by perhaps acknowledging how distressed the person was feeling as well as developing concrete strategies to deal with the emotions causing the desire to self-injure. "They hold it in their mind that the client does not want to be judged. Judgment is never helpful. They will not accept their behavior but they will not judge it. They will validate them," Sall said. Part of DBT practice is cultivating mindfulness. Mindfulness, or the practice of observing and accepting thought patterns, has tangible benefits including greater control of the mind, acceptance without judgment, lowered emotional reactivity, increased behavior control, and greater relaxation among others. Sall noted that it is common for people to experience "monkey mind" when trying mindfulness and meditation. The key is to persevere and to practice. She equates learning mindfulness and meditation with learning to ski. In order to learn, a beginner would tackle the bunny slope and practice rather than the black diamond and give up when they wipe out. "Your mind is a muscle and you have to use it," Sall said.

To reduce emotional reactivity, DBT teaches about the states of the mind. The reasoning self is pure logic, the emotional self is pure feelings, and the wise self takes both the reasoning self and emotional self into account and creates a balance. A goal of DBT is learning to tap into the wise mind and use it to create positive behaviors to replace challenging behavior. Skills that can help access the wise mind include mentally noting emotions, improving self-talk, and addressing yourself as if you were your own therapist or close friend.

DBT also helps clients address how to handle experience intense emotions without resorting to self-harm. Methods for managing urges range from choosing an intense sensation, like squeezing an ice cube or snapping a rubber band on the skin, to making a plan ahead of time for coping or writing a cost and benefit analysis.

This therapeutic method also covers methods for self-validation, effective interpersonal skills, and re-evaluating the beliefs instilled during childhood. For more information on Dialectical Behavior Therapy, founder Marsha Linehan's website is available at [www.behavioraltech.org](http://www.behavioraltech.org). ❖

## MENTAL ILLNESS AWARENESS WEEK

October 5 - October 11, 2014

A large group of NAMI friends, including staff from Ventura County Behavioral Health, came to receive a proclamation from Ventura County Board of Supervisors Chair Linda Parks at the Board of Supervisors meeting on October 7, 2014.

Recognizing NAMI Ventura County's efforts on behalf of those affected by serious mental illnesses, Supervisor Parks presented a proclamation to Executive Director Ratan Bhavnani.

Janis Gardner, 1st Vice Chair of the Behavioral Health Advisory Board (BHAB), spoke about why Mental Illness Awareness Week was important. Ratan Bhavnani stressed the need for conversations that involved treatment, housing including Board & Care homes and criminal justice for people living with mental illness. McKian Nielsen shared his personal story of recovery and his success with leading NAMI programs and the TAY committee of the BHAB. Meloney Roy, Chief Deputy Director of the Health Care agency talked about the continuing need for partnerships to help individuals and families living with mental illness. ❖



## 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**

*Benefiting NAMI Ventura County Programs*

## NAMI HOLIDAY PARTY

Tuesday, December 9th

5:00 PM to 8:00 PM

Elks Lodge, 801 South A Street, Oxnard

NAMI Ventura County invites all Clients to get together for a Holiday Party to celebrate the season and to have a good time with one another.

We extend this invitation to families of Clients to join us, in order to be with their loved ones as they celebrate. This is the perfect opportunity to meet other families and County staff. Though the Holiday Party is not suitable for younger children, parents and other family members are encouraged to attend.

For many Clients, this is a rare and special event because they get few such opportunities for coming together on such a large scale during the year.



There is no cost to attend the Holiday Party, and each Client will receive a holiday gift. A turkey dinner will be served to everyone. Music, dancing, DJ, door prizes and more entertainment!

### Your support is needed to make this event a success!

Holiday gifts are needed.

Business sponsorships are welcome.

Here's how you can help:

We need some great door prizes. Please consider donating a new gift valued from \$25 to \$50 (no alcohol); examples include apparel and electronics. Please drop off gifts at the

NAMI office in Camarillo  
by Wednesday, December 3rd.

**NAMI Ventura County**

5251 Verdugo Way, Suite K, Camarillo, CA 93012  
(805) 641-2426

## Volunteer Spotlight: President's Volunteer Service Award

by Joan Wiggins

NAMI Ventura County is proud of our exceptional volunteer base. Working diligently to meet the needs of the community by teaching Family to Family classes, facilitating support groups, answering Helpline calls, making the NAMIWalk happen, and much, much more, NAMI Ventura County Volunteers gave over 5,000 hours of their valuable time over the previous 12 months.

In recognition of these outstanding achievements, NAMI Ventura County is proud to announce the winners of the 2014 PRESIDENT'S VOLUNTEER SERVICE AWARD, a prestigious national honor offered in recognition of volunteer commitment. Established in 2003, this award is given by the President of the United States and honors individuals, families and groups who have demonstrated a sustained commitment to volunteer service over the course of 12 months.

In order to qualify for this esteemed award the recipient must have volunteered for a certified organization at least 100 hours in a 12 month period. NAMI Ventura County's volunteer hours are tracked from July 1<sup>st</sup> through June 30<sup>th</sup> each year.

The following NAMI Ventura County Volunteers were presented with the President's Volunteer Service Award at the NAMI Ventura County *VIP Appreciation Dinner*, an elegant evening of appreciation for all NAMI volunteers, Walk Team Captains and Walk Sponsors.

Roberta Rodriguez—692 hrs, Bob Wickham—229 hrs, Kebra Stuart—143 hours, Judy Shure—140 hours, Susan Gramme—120 hours, Lyn Olson—120 hours, Marcia Weems—120 hours, Lisa Cameron—118 hours, Gaye Kahn—118 hours, Valerie Flores—115 hours, Diane Bustillos—112 hours, Alex Villalobos—104 hours, Basil Augustine—102 hours.



The volunteers received the official President's Volunteer Service Award pin, a certificate of achievement, a congratulatory letter from President Obama, and the undying gratitude of NAMI Ventura County. ❖

**NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM**

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders.

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

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

Register online at [namiventura.org/F2F](http://namiventura.org/F2F)  
Or call NAMI Ventura County at (805) 641-2426

**WESTLAKE VILLAGE**  
From January 15, 2015  
12 Thursdays  
6:00 pm to 8:30 pm  
Calvary Community Church  
5495 Via Rocas

**VENTURA**  
From January 29, 2015  
12 Thursdays  
6:30 pm to 9:00 pm  
Arc of Ventura County  
295 S. Arcade Drive

**CAMARILLO**  
From February 23, 2015  
12 Mondays  
6:30 pm to 9:00 pm  
NAMI Ventura County  
5251 Verdugo Way, Suite K

**MOORPARK**  
From March 11, 2015  
12 Wednesdays  
6:00 pm to 8:30 pm  
Location TBD

**MEMORIAL DONATIONS**

*In Memory of Guy Payne*

Kathleen Payne

*In Memory of Ross Westlund*

Denise Keane

*In Memory of Carol Luppino*

Ratan & Nirmala Bhavnani  
Richard & Cece Casey  
Diane Eberhardy  
Larry Johnson  
Jim & Lou Matthews  
Debora Schreiber  
Anonymous

*In Memory of Mike Amey*

Reiko Osumi

*In Memory of Rozina Cipko*

Francis Schwanauer

*In Memory of John Lo*

Li-mei Baranoff

*In Memory of Mark Eggertsen*

Scharden Eggertsen  
Jennifer Eggertsen

*In Memory of Henrietta Reed*

Reiko Osumi

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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**

<b>If You Live In:</b>	<b>Your Outpatient Clinic:</b>
Ojai or Ventura (excluding 93004)	4258 Telegraph Rd Ventura, CA 93003
Fillmore, Piru or Ventura 93004	333 W. Harvard Blvd. Santa Paula, CA 93060
Oxnard, Port Hueneme or El Rio	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	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: 5251 Verdugo Way, Suite K, Camarillo, CA 93012

**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  
Program Coordinator: Diane Bustillos

**2014 Board of Directors**

John Nielsen	President
Diana Skocypiec	Vice President Governance
Roberta Rodriguez	Vice President Special Projects
Paula Woodward	Treasurer
Shirley Brandon	Secretary
Duane Bentzen	Director at Large
David Deutsch	Director at Large
Michael Ford	Legal
Joshua Newstat	Director at Large
Norine Rishko	Director at Large
Diane Sall	Director at Large

**Honorary Board**

Sonna Gray	Jim Matthews
Lou Matthews	Ed Nani
	Sharon Robinson

**Advisory Board**

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:

- |   |  |   |                                      |
|---|--|---|--------------------------------------|
| <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 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](http://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 Kaiser Permanente, 145 Hodencamp Rd., Thousand Oaks.

**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 Cincas, 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](http://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](mailto:dbsaconejovalley@gmail.com)  
See [www.dbsalliance.org](http://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

ADDRESS SERVICE REQUESTED

Non-Profit Org  
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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 Fundraiser**  
Saturday, October 25, 2014

**NAMI Ventura County Holiday Party**  
Tuesday, December 9, 2014

**NAMIWalk Ventura County**  
Saturday, May 2, 2015