



National Alliance on Mental Illness

NAMI

Ventura County

NEWSLETTER

April-June 2015

Volunteer Spotlight: Reaching Recovery

By Megan Low, NAMI Volunteer

Andrea is a wife and mother who is active in her community church and finds a great deal of joy in spending time with her family and her daughter.

She has volunteered with NAMI's Friends In The Lobby for the past two years, and she speaks publicly about her experience living with mental illness with the In Our Own Voice program. Her story spans from before diagnosis to recovery.

In 2005 Andrea was diagnosed with schizoaffective and bipolar disorders. Schizoaffective disorder is a schizophrenia spectrum disorder where the person experiences delusions, hallucinations, and sometimes paranoia. Bipolar disorder is a mood disorder. Andrea's journey to diagnosis was long, scary and nearly ended in death. She is now in recovery and has an inspiring story to tell.

Andrea's journey to diagnosis was long, scary and nearly ended in her death. Now in recovery, she has an inspiring story to tell.

One year after graduating high school in 1998, Andrea moved to Santa Cruz to attend community college. While it started out like a typical college experience, Andrea soon began behaving oddly. Her family thought she was influenced by the Santa Cruz culture of hippies and free thinkers and they

weren't too concerned. They recognized a problem when she began restricting her food for what she called "spiritual purposes", having difficulty in living situations, having trouble holding down part-time jobs, and she became physically ill. Towards the end of her time in Santa Cruz, Andrea decided to move into the forest and live off the land. Her family moved her home. Still uncertain that Andrea was experiencing any mental illness, they nursed her back to physical health.

Eventually Andrea moved to Kauai with a boyfriend her family wasn't fond of. They lived in poverty on the beach. Her family blamed the boyfriend for Andrea's odd behavior. After six months, Andrea returned to Ventura. By 2004 Andrea was living in the garage of a family friend and attending classes at Ventura College.

She was continuing to starve herself and began having delusions and hallucinations. Her weight became so dangerously low she



GENERAL MEETINGS

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 May 12, 2015
7:00 to 9:00 pm**

Vineyard Community Church
1320 Flynn Road, Camarillo, CA 93012

Methods for Improved Family Communication

A key element in rehabilitation and recovery with

Robert Liberman, M.D.

Family stress is a powerful predictor of relapse, and family education and emotional support has been shown to decrease the rate of relapse of an individual with a mental illness diagnosis.

This presentation will provide skills training for family members which can directly influence family communication and problem solving. This in turn results in reducing the stress-inducing "emotional temperature" of the family.

Dr. Robert Paul Liberman is a Professor of Psychiatry at the UCLA School of Medicine. He has directed UCLA's Center for Research on Treatment & Rehabilitation of Psychosis since 1977. Dr. Liberman is the author of several books, including the clinically acclaimed "Recovery from Disability: Manual of Psychiatric Rehabilitation".

Volunteer Spotlight (cont'd from page 1)

neared the point of heart failure. She intended to die. The situation worsened and in the summer of 2005 Andrea was found in the middle of the road attempting to be hit by a car. She was taken to Hillmont Psychiatric Center by the police. Her mother recalls going to the hospital for Andrea's intake assessment and not recognizing her. She wasn't the girl her mother had known.

She was released from the hospital after a short time and lived near her parents' home outdoors. She was continuing to starve herself and was close to death. Her family staged an intervention and took her to an eating disorder clinic in Arizona. Andrea was resistant to going and tried to escape each time the car stopped. She ran away from the clinic into the desert and finally the clinic took her to the local hospital. The hospital refused to admit her because she was not a direct danger to herself or others. She had no identification or money. The hospital agreed to keep Andrea until her family could come and get her.

Returning to Ventura, she continued living near her family's house. She was still starving herself. Andrea was experiencing psychosis and delusions. She told a police officer that she was the queen. Eventually her family was able to get her to stay in the house. There she was bed bound because she had no physical strength. Her mental illness was so advanced it prevented her doing much at all. It was clear that her mental and physical states were dire. She needed help,

so her family took her back to Hillmont. She stayed on the course of medication and began her path to recovery.

At the beginning of her recovery, Andrea experienced lingering feelings of wanting to end her own life. She was started on a regimen of medications. At first her psychosis made her think her medication was poison and she tried to stop taking it. She would vomit after taking the pills. She did everything she could to avoid taking them. Her parents decided to offer her an incentive. If Andrea would take the medication and work towards getting healthy and stable, they would open a savings account for her. Andrea agreed and began to take medication regularly.



Andrea with her daughter Kachiri.

Along Andrea's recovery path, she discovered a faith in God. Her faith has been a rock of support and stability. She was baptized in 2007 and two years later met her husband through the church. Her husband also lives with schizoaffective disorder couple with major depressive disorder. While it can make for a challenge in their marriage, they find support and encouragement through each other. The couple welcomed a healthy daughter three years ago.

Andrea says her biggest support systems are her faith and church community, her husband and her daughter, and her parents. While living with mental illness is a challenge, Andrea finds joy in watching her daughter grow and spending time with her. She also enjoys giving back to the community and helping other people living with mental illness.



MENTAL HEALTH AWARENESS MONTH

Together with Ventura County Behavioral Health, NAMI Ventura County was present at the County Board of Supervisors Resolution proclaiming May as Mental Health Awareness Month. The presentation took place at the County Government Center on April 21, 2015.

NAMI Executive Director Ratan Bhavnani talked about the NAMI Walk on May 2nd, and its goal of raising community awareness and decreasing the stigma of mental illness. He thanked County Supervisor Kathy Long for being the Honorary Chair of this year's Walk.

Pictured are Ratan Bhavnani of NAMI, Elaine Crandall, Director of Ventura County Behavioral Health, Supervisor Kathy Long, and Janis Gardner and David Holmboe from the Behavioral Health Advisory Board.

My NAMI Adventure

By Kimberly Quinn

I wouldn't normally start a conversation with the fact that I live with mental illnesses but I think it is pertinent opening information. I'm out of the closet in my life so I feel comfortable saying that I live with Major Depression, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, and Attention Deficit Hyperactivity Disorder. These things don't define me but they are certainly a large part of my daily life. Like someone with diabetes or any chronic illness, my day revolves around medications, medical specialists, and a lot of fear and doubt about where my illnesses and life are heading.



After hitting rock bottom and the reset button almost six years ago, I've often wondered if I would ever live a so-called normal life again. Not being able to work has taken a painful toll financially and emotionally. Living off scanty disability payments has crippled my independence. Medical bills and student loans have gone unpaid. Sometimes I went hungry to ensure that my young son ate enough. At one time, I ended up living out of my car and unable to afford my medications.

It's been a long road back. I've been hospitalized, voluntarily, nine times since July 2009. It's only been in the last year that I felt like I could finally try to go back to work. The decision terrified me. I felt that if I washed out of a job because of my illnesses the consequences would be dire. My therapist recommended that I try volunteering as a jumping off point.

There was only one group of people I wanted to dedicate my time to helping. Summoning courage, I sent an introduction and resume to NAMI Ventura County. I had no way of knowing what I had started. Within a week, I was having a meeting with Volunteer Coordinator Joan Wiggins and Executive Director Ratan Bhavnani. I was scared to death but I immediately knew I didn't have to hide. I even

cracked jokes (and they laughed). I left the building that day with a project to work on and a renewed sense of direction. Soon, with cooperation from the Department of Rehabilitation and NAMI, I was hired on to be a part-time Program Assistant.

I'd like to say that being employed has been an easy transition. I vacillate between being proud of myself and wanting to hide under a desk. But I can't think of a better place to be working out the kinks. My co-workers are amazing. Although they know about my mental health challenges, they've never

treated me as if I'm fragile or less competent. The attitude in this building is that people living with mental illnesses are people first and foremost.

In addition to my natural talents, NAMI Ventura County and its leadership has also looked at the gifts dropped in my lap by mental illness. Because of my illnesses, I'm creative, organized, and compassionate among other things. Those skills are a rainbow created from my mental illness storm clouds. Capitalizing on my strengths, my duties include coordinating the Friends in the Lobby Program as well as handling the graphic design needs. I am also a presenter for the In Our Own Voice program. In the coming year, I will be coordinating the new Peer to Peer program as well.

Before I started working here, I wasn't familiar with NAMI's programs. I'd never heard of Family to Family or NAMI Connection. I didn't know there was an amazing resource my family and I could tap into for free. Free! Since I've been working here, I've learned that 70% of our annual budget comes from donations. Your donation is directly translated into programs that make a concrete difference for a person or family living with mental illness. I'm in recovery and have immense gratitude to NAMI for helping me get to the next level.

Applications being accepted for new Independent Living Housing Project



Castillo del Sol is a new service-enriched rental housing community under construction at the corner of Central and Main Streets in Midtown Ventura, opening in 2016.

19 Studio apartments are set aside for adults with mental disabilities receiving services through Ventura County Behavioral Health. An additional 15 are available for adults with developmental disabilities receiving services through Tri-Counties Regional Center, and 5 for chronically homeless adults

referred by the County's Human Services Agency. Acceptance is restricted to those earning below the area median income for Ventura County.

All applicants must meet income and eligibility guidelines before qualifying. Applicants living or working in the City of Ventura will have preference.

Application instructions can be found at: <http://hacityventura.org/castillo>

A better way to help people with mental illness

Opinion Section, Ventura County Star, Sunday, February 8, 2015

Mary Haffner is a Ventura lawyer, school board member in the Ventura Unified School District and member of the Ventura Social Services Task Force.

The Ventura County Board of Supervisors has convened a work group to assess whether Laura's Law will be implemented in our county. Laura's Law, a program for those with serious mental illness, employs successful data-driven and evidence-based treatments.

This law applies only to counties that have formally decided to adopt it. Ventura County needs to adopt Laura's Law.

The California Legislature passed it, Assembly Bill 1421, in 2002. It allows court-ordered, intensive outpatient treatment for a small population of individuals who revolve in and out of jails, hospitals and homelessness.

It has been shown to dramatically increase beneficial health outcomes for those with serious mental illness at a lower cost to counties by reducing the incarceration and hospitalization rates for these same people.

Los Angeles County has decided to fully implement Laura's Law because it reduced incarcerations by 78 percent, hospitalizations by 86 percent, and hospitalizations after discharge from the program by 77 percent. Los Angeles County Supervisor Michael Antonovich estimated it cut taxpayers' costs by 40 percent.

These results are consistent with results in all other states and counties that have implemented this program. California counties are among the last in the nation to make use of this treatment.

Current laws require that we wait to treat people with severe mental illness until after they deteriorate so significantly that they are a danger to themselves or others.

Serious mental illness is a medical condition. In our society, people suffering other medical conditions receive stabilizing treatment even if they are too ill to consent to that treatment, but California's mental health system discriminates against the mentally ill.

In what other area of health care do we insist that patients wait until they are gravely disabled before we treat them? Do we wait until an infection turns gangrenous before we treat?

We can change this with Laura's Law. With proper treatment through a program like this, many with severe mental illness can lead functional and productive lives.

Opponents of Laura's Law state that it is too expensive and it violates the civil liberties of the mentally ill. These arguments are easily refuted.

Laura's Law has proved to save money everywhere it has been implemented. If we do not implement Laura's Law, we will continue to pay staggering sums treating the mentally ill through law enforcement, involuntary hospitalizations, and the jail and prison systems. With Laura's Law we can save money and help those who need it most.

Those who state that Laura's Law infringes on civil liberties are not advocating for the patient, they are advocating for the disease. There is nothing "civil" about allowing a mentally ill person to remain lost in disease, psychotic on the street, homeless or incarcerated.

And there is nothing "right" about allowing someone who is too mentally incapacitated to make a decision regarding treatment to fall headlong into a severe psychotic deterioration before taking action.

We should be working to eliminate the current involuntary treatment these people receive: the involuntary inpatient system — jails, prisons and temporary psychiatric hospital stays — and the involuntary outpatient system — police and law enforcement — and replace it so they have a chance at a functional life. Instead, we waste taxpayer money and wait until they have lost all of their rights.

And the way the mentally ill are treated in the current involuntary environments further deteriorates their mental state, making recovery that much more long and painful. What does it say about a society that does not care for those who are least able to care for themselves? No other patient group suffering with disease gets treated this way.

Societal costs, too, are higher when we fail to properly treat those with serious mental illness. Those with mental illness who are homeless occupy public parks and public libraries, or are detained in hospital emergency rooms waiting for beds in a psychiatric facility.

Rather than recognize the need to "pay now or pay later," our current way is to ignore the problem, allow the mentally ill to significantly deteriorate, and then spend exorbitant sums trying to treat them involuntarily through law enforcement and jails.

It makes no sense. With the data and working models we have, it is indefensible to continue this current system — a system that continues to result in vast human, financial and societal costs.

Our county should reallocate mental health resources to better serve our severely mentally ill and save taxpayer money. We can start to do that through Laura's Law.

Ventura County's commitment to Laura's Law

Letter to the Editor, Ventura County Star, April 20, 2015

Severely and chronically mentally ill people may not be able to access or accept the treatment they need in order to live safely in their communities. Some mentally ill people refuse treatment due to being too paranoid, too psychotic or too depressed to engage in treatment. This may lead to violent acts toward others and/or themselves. Laura's Law solves this by mandating people receive assisted outpatient treatment, which includes medication management and therapy. In order for a person to be a Laura's Law candidate, they must have had violent acts towards themselves and/or others, have been in an institution at least twice in 36 months, and refuse treatment. This law was first implemented in Nevada County because Laura Wilcox was murdered by a man diagnosed with schizophrenia but was refusing treatment.

Laura's Law is in place in three counties in California, but not currently in Ventura County. It is vital that Laura's Law be implemented in Ventura County. According to

researcher Cliff Allenby in 2011, the counties that have implemented the law have seen positive changes in their communities, such as a decrease in hospitalizations of the people participating in the program, decreased arrests, decreased violent crimes, and most patients were able to live independently in their own housing.

According to C. Joyal, J. Dubreucq, and C. Gendron in 2007, "major mental illness is associated with 5 to 15 percent of community violence." It is important to remember that not all mentally ill people are violent; however stopping the small percentage of mentally ill people from committing crimes is key. If Ventura County can prevent mentally ill people from committing crimes, then every step should be taken. Keeping others and the severely mentally ill people safe should be a priority and implementing Laura's Law in Ventura County is a step in the right direction.

Lauren Lanza, Ventura

Gordon Durich: Mental illness is a cause that can't be ignored

Opinion Section, Ventura County Star, Sunday, April 26, 2015

As they say in the classics, "If you don't stand for something, you'll fall for anything." We need to know more than ever what the acronym NAMI stands for: National Alliance on Mental Illness.

In my mind, NAMI also stands for: N (negating stigma), A (advocacy), M (moving forward) and I (independence).

And this cause — in the county, in the country and on the planet — is doing what needs to be done, often in a behind-the-scenes way.

I've just spent a dozen weeknights attending the free "NAMI Family to Family" classes being offered all over Ventura County. If you can't be there in the flesh, it's even online.

On the heels of just finishing the series, I can say it's been the most transformative, educational and socially relevant commitment I've done.

Mental illness is misunderstood. It's sadly become the "excuse" for school shootings, suicide, homicide and plane crashes. "He was depressed." "They had schizophrenia." "She was bipolar." Or worse, "they were probably 'mental.'"

This ignorance is unfortunate, frightening to the uneducated but slightly understandable. Mental illness or brain impairment has never been a "fashionable" disease.

It was associated with mystery and misunderstandings about archaic things like electric shock treatment and asylums (to borrow a phrase). It's time to learn about the silent visitor in Ventura County (and elsewhere) so we can put a "face" on a name.

The closure of state hospital facilities impacted our county by releasing people with brain disorders onto the streets. With no place to go. Homeless. Or, "houseless" as I first heard in Simi Valley at the Samaritan Center, which supports the latter; they know about NAMI.

I bet you don't know what LSS stands for. It's one of the busiest places in Thousand Oaks — Lutheran Social Services. Like its Simi counterpart, it's helping those with conditions and misfortunes like brain disorders. They know about NAMI.

Let's not pretend we know what mental illness is. Or turn away. May is Mental Health Awareness month, and although not as omnipresent as Breast Cancer Awareness, it's just as urgent a cause.

The Ventura Promenade will be graced at 9 a.m. Saturday, May 2, with hundreds at the NAMI Walk—people walking for those with this malady and those who need NAMI in a more direct way.

Stand and be counted, if not with your feet, with your contribution. Address and fight this unwelcome visitor.

**NAMI Ventura County Help Line
(805) 500-NAMI**

Volunteers and staff can provide information on a variety of resources, including mental health services, housing, legal assistance, support groups, classes for families and clients, etc. Open Monday to Friday, 9:00 am to 5:00 pm.

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

Acute Care Psychiatric Hospitals

Hillmont Psychiatric Center

All county residents
(805) 652-6729
200 N. Hillmont Ave., Ventura, CA 93003

Aurora Vista del Mar

Medicare and private insurance only
(805) 653-6434
801 Seneca St., Ventura, CA 93001

Ventura County Behavioral Health

If you or a loved one are experiencing a mental health crisis, call the VCBH Crisis Team 24/7 at (866) 998-2243.

Ventura County Behavioral Health (VCBH) provides outpatient mental health services for children, transitional age youth (ages 18 to 25), adults and older adults.

For all appointments, call the STAR program at (866) 998-2243
(Screening, Triage, Assessment, Referral)

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, El Rio or Port Hueneme	1911 Williams Dr., Ste 110 Oxnard, CA 93036
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	125 W. Thousand Oaks Thousand Oaks, CA 91360
Simi Valley or Moorpark	1227 E. Los Angeles Ave Simi Valley, CA 93065

NAMI FAMILY SUPPORT GROUPS

Please note – These NAMI groups are for family members. See below for consumer/client support groups.

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". 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 Wellness Center, 2697 Saviers Rd. Oxnard, CA 93030. For information in Spanish, call: Lisa (805) 984-2839 or Pablo (805) 794-6316.

PEER SUPPORT GROUPS

NAMI CONNECTION

Please note – These NAMI groups are for clients/consumers only.

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.

First and third Wednesday of each month, 7:00 pm to 8:30 pm
NAMI Ventura County Office, 5251 Verdugo Way, Suite K., Camarillo

PEER SUPPORT GROUPS

DEPRESSION AND 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 info, call (805) 253-3289.

Ventura: DBSA Support Group meets 1st and 3rd Saturdays, 1:00 pm to 3:00 pm at The Wellness 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.

NAMI EDUCATION CLASSES

FAMILY-TO-FAMILY PROGRAM

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. The class not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

DE FAMILIA-A-FAMILIA for Spanish Speaking Family members

El programa de NAMI De Familia a Familia es un curso de 12 semanas, gratuito, para los familiares y cuidadores de personas que sufren enfermedades mentales.

Esta serie de doce clases semanales ayuda a los familiares y cuidadores a comprender y ofrecer apoyo a sus seres queridos con trastornos mentales, cuidándose también a sí mismos. Los instructores, entrenados por NAMI, son voluntarios que saben por experiencia propia lo que es tener un familiar o amigo que lucha con uno de estos trastornos del cerebro.

NAMI PEER-TO-PEER

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach. You can experience compassion and reinforcement from people who relate to your experiences.

PROVIDER EDUCATION PROGRAM

NAMI Provider Education introduces mental health professionals to the unique perspectives of individuals living with mental illness and their families. You'll develop enhanced empathy for their daily challenges and recognize the importance of including them in all aspects of the treatment process. NAMI Provider Education is a free, 15 hour program of in-service training taught by a team consisting of an adult with mental illness, a family member and a mental health professional.

Highly recommended for all health care professionals including psychiatrists, psychologists, nurses, case managers, therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential care givers, job counselors, receptionists, administrators, and all those who serve individuals with mental illness. *15 CEUs are available free.*



Simi Valley:	Class Begins May 13th 12 Wednesdays
Oxnard:	Class Begins May 20th 12 Wednesdays
Camarillo:	Class Begins June 6th 6 Saturdays
Camarillo:	Class Begins August 19th 12 Wednesdays
Ventura:	Class Begins August 27th 12 Thursdays
Westlake Vill:	Class Begins Sept 3rd 12 Thursdays
Simi Valley:	Class Begins Sept 17th 12 Thursdays



Camarillo:	Class Begins in August 10 Mondays
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Thousand Oaks:	Class Begins Aug 3rd 5 Mondays
Oxnard:	Class Begins August 5th 5 Thursdays
Camarillo:	Class Begins Sept 14th 5 Mondays
Thousand Oaks:	Class Begins Oct 15th 5 Thursdays

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ADDRESS SERVICE REQUESTED

Check the mailing label for your membership expiration date.
 No date? Please consider signing up to become a member.
 See BELOW for a membership or renewal form.

**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

Name(s): _____

Address: _____

Phone: _____ Email: _____

Membership level, *one year* (check one):

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

Membership Dues: _____

Donation: _____

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

**Go Online Now at
www.namiventura.org
 To Become a Member or
 Donate!**