

All

Things

**NAMIWalks** 

Page 6

# (A) **DAPA TALKS** Ventura County

# **From Classrooms to Class Zooms**

**Kimberly Quinn Program Coordinator** 

The last month has been extraordinary, to say the least.

Like everyone else, my life has been turned upside-down by the COVID-19 pandemic. I suppose I'm lucky to say I've never lived through anything quite like what we are experiencing right now. Over the past several weeks I've felt waves of confusion, fear, anxiety and frustration.

Right now, though, I am feeling something unexpected: excitement.

The shelter-at-home order and social distancing guidelines have opened up a huge opportunity to expand, and improve, how NAMI Ventura County delivers its services. Up until now, our affiliate has relied solely on physical classrooms. That, of course, has its limitations.

There are certainly people out there who want to participate in classes or presentation but don't have transportation. Some don't drive at night. Others have mobility challenges or can't get childcare. Sometimes, on our side, it can be difficult to find volunteers or staff available in certain parts of the county. Necessary driving time to get from place to place within the county bites into all of our time.

The internet is about to change all of that for NAMI Ventura County.

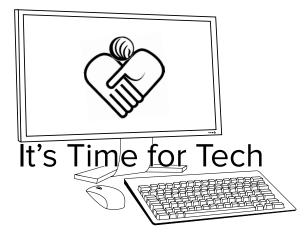
The COVID-19 pandemic is not the way I would have chosen to launch our programs virtually but here we are. NAMI Ventura County is taking lemons and is about to start making lemonade. By the time you see this column, our educational classes, support groups and presentations will be back up and running in virtual spaces.

NAMI Ventura County is not the first NAMI affiliate in California to adopt and use platforms like Zoom and GoToMeeting. Several have been using virtual classrooms for some time, especially for support groups. We are connecting with them to use their expertise and experiences as guidance as we launch this new adventure.

And, it really is an adventure. In the past few weeks, I've learned more about the amazing capabilities of these software platforms than I ever expected. I'm a big fan of tackling problems with creativity and expanding my knowledge. As stressful as this pandemic has been, that aspect has actually been, well, fun.

Not everyone has found it as fun as I do. The new and the unknown can be scary. I'm married to an IT professional, so I'm fully aware of how computer and internet technology can be intimidating. I am painfully aware that some consider themselves allergic to emerging technologies.

My biggest goal as we move forward is to make this technology as accessible as possible for every person who comes to NAMI Ventura County for our education,



support and advocacy programs. Believe it or not, even you (the person reading this with the narrowed eyes and heavy doubts) can learn and love, or at least not hate, virtual learning.

To get all of us started, I'm going to answer a few basic frequently asked questions.

What am I going to need? There are several different options in terms of what you can use for these platforms. You can use an internet-enabled computer (PC or Mac) with or without a webcam and a microphone. You could also log in using a free app downloaded to your internet-enabled smartphone (Android or Apple). You can also simply call into the meeting, from any type of phone, to listen and participate by audio only.

How much will it cost me? The platform app is free to participants whether you download it to your computer or smartphone. There is no cost associated with participating through the platform for our classes. Should you participate through your smartphone, please double check that you won't be exceeding the limitations of your data plan or that your phone is connected to wi-fi before you check into the class.

#### From the **President** Page 2

The Impact of Free Page 4

Renew Your **Membership** Page 11

# ©President's Message Looking Back & Looking Ahead

In just a short period of time, the Coronavirus pandemic has changed our world and how we function on a daily basis. It is my wish that as each of us do our part, we will be safe and help to keep our family, neighbors and essential workers safe. The phrase 'thank you' is not enough to express gratitude for all that our frontline workers who are risking their lives to care for us and keep us safe.

NAMI Ventura County is doing our part. We have transitioned to working remotely until further notice. Our classes, support groups and other programs are going virtual as we continue to provide vital services to families whose loved ones need this support more than ever.

#### Looking Back on 2019

**Remember this number:** 6830. This is the number of lives in our community that NAMI Ventura County reached out to and touched through our Resource Line, education programs, community outreach and school-based programs. This while making a major office move and gearing up our staffing to support and sustain our efforts now and into the future. This was made possible by over 9,600 volunteer hours donated by our amazing family of volunteers.

**Office Move:** In January, we moved to our new location at 555 Airport Way and completed office renovations. With the help and support of generous volunteers, we put together a first class office which will meet our needs now and well into the future. For the first time in our 30+ year history, we have space to hold classes as well as host our monthly general membership meetings and other gatherings important to meeting our mission of supporting families and their loved ones who suffer from mental illness.

**Staffing and Technology:** We welcomed a full complement of staff necessary to support our priorities of delivering our education classes, peer and family support groups, resource line and community outreach. In support of our program administrator we welcomed an amazing program coordinator and office administrator. In addition, our team leader and face of NAMI Ventura County is now a Director of Operations and Community Outreach. We brushed off the rust and updated our office computers and other technology to take us through the coming years.

**Community Advocacy Forum:** NAMI California selected our affiliate to host a very successful community advocacy forum consisting of key community leaders. Our Sheriff, board supervisor, behavioral health representative and County CEO. The priorities identified from this forum included: criminal justice system and the seriously mentally ill (SMI), increasing hospital beds for the SMI, support for the IMD exclusion waiver, and legislation.

#### Looking Forward to 2020

Despite the Coronavirus pandemic, this year is shaping up to be another very productive year.

We heard your input and will be improving communications to our membership as well as bringing back consistent monthly General Meetings on relevant topics as soon as possible. You will see our quarterly newsletter cover topics of interest.

In addition, once social restrictions are lifted, we will be putting together a community forum where families will be able to share their stories using their own voices. Stay tuned for more information on this topic.

#### **Immediate 2020 Needs**

NAMIWalks, NAMIWalks, NAMIWalks! The NAMIWalk is coming and has an exciting makeover (see 6)! We would like to see 1000 walkers raise and/or donate a minimum of \$100 each. Please sign up for the challenge and support our 15th annual fundraising walk. The funds raised represent over 50% of our revenue which makes it possible to deliver our programs and service to the community free of charge.

Thank you to our NAMI VC family of volunteers and supporters who continue to make all that we do possible. Please stay safe.

Yours in service,

Shirley Brandon President, Board of Directors

Not All Heroes

Wear Capes...



#### Staff

0	Director of Operations, utreach & Development			
Chris Novak	Program Administrator			
Kimberly Quinn	Program Coordinator			
Mellanie Temple	Administrative Assistant			
<b>BOARD OF DIRECTORS</b>				
Shirley Brandon	President			

Vice President
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Secretary
Director at Large
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Resource Line: (805) 500-NAMI Phone: (805) 641-2426 Fax: (805) 275-2188 Email: info@namiventura.org Website: www.namiventura.org

# Memorial Donations 2019

#### In Memory of:

#### **Alexander Beirne**

Christine Beirne Kevin Beirne Shirley Brandon Alfred Contarino Patrick Davis

#### Alfred "Al" Contarino

Joanne Kaplan William Kearney

David Kaplan Joanne Kaplan

Kelsey Burns Corey Lister

Susan Luckey Reiko Osumi

Zack Kanny Alexander Goland

#### In Honor of:

Ellery Cushing David Cushing

Carolyn D'Angelo's Birthday Ruby Hazebrook

> Fillmore Firefighters David Gurrola

Robert Hurwich's Birthday Susan Hurwich

Memorial Donations can be made to NAMI Ventura County through trusts, payroll deductions, Paypal, check, and credit card. For more information, please call (805) 641-2426.



**NAMITALKS** Ventura County



Website: www.namiventura.org But you CAN if you want. Mental Health

Become a Hero today. www.namiventura.org/mentalhealthhero

# Volunteers@ Spring Into NAMI To Lend A Hand

#### Volunteer Coordinator

**Mellanie** Temple

Are you looking for ways to give back or make a difference? Have you been helped by NAMI and want to pay it forward?

This is a tough time. We are all navigating the COVID-19 waters and so many of us, including the NAMI Ventura County staff, are working from home. If you want to fill your free time by doing something meaningful, NAMI Ventura County still has a constant need for volunteers.

We are currently looking to step up our volunteer database and get you more involved. The COVID-19 pandemic has not slowed the need for NAMI services. While we have been working to adjust our classes and presentations to an online format, we are still serving needs throughout our communities.

To do that, we need your support in many different capacities.

Did you know that we staff our Resource Line (formerly known as the Help Line) with volunteers? Resource Line volunteers take calls through our dedicated line on their home or cell phone, so there is no need to even spend time away from home.

People calling the resource line have varying needs. Some are looking for specific resource referrals or have general questions about how to access services. Sometimes, a caller might just need to chat with someone empathetic. Often, callers don't know that NAMI's education classes are available, for free, to them or their loved ones. We are looking for people to train and add to the Resource Line schedule. We can easily connect your

cell phone, at no expense to you, to field Resource Line calls

NAMI Ventura County has been extremely busy since the Holiday Party. In the first quarter of 2020, we launched three Family to Family classes, a Familia a Familia class, a Peer to Peer class, and six Family & Friends seminars. Additionally, we've given 18 In Our Own Voice presentations and 12 Ending the Silence presentations. Up until social distancing and shelter-at-home orders were put into place, we were busy attending resource fairs in the community and at schools. On average, we were attending two resource fairs a week.

Since COVID-19 protections have started, our staff has been working toward launching all of our programs online. Have you been trained to facilitate a support group or teach a NAMI class? Have you ever been interested in venturing into teaching, facilitating, or presenting? If so, we have plenty of opportunities to use your talents. We are happy to talk with you about training if you haven't yet.

While our small but mighty staff is coordinating our amazing roster of programs, it's our dedicated volunteers who are the front lines of NAMI Ventura County. The contributions from our volunteers help us keep moving forward and making a positive impact in the communities we love.

Keep your eyes and ears open for an announcement of a Volunteer Orientation. For more information and details, feel free to reach out to me through email. My contact information is included at the end of this column.

See VOLUNTEER, Page 9

# **@Impact** Mental Health, Education and Access Intersect at Free

#### **Kimberly Quinn Program Coordinator**

Let's take a few moments to talk about the power of Free.

A few months ago, I answered the phone here at the office and had a conversation with a lovely woman looking to take a class. While we chatted, I gave her all the pertinent information and registered her into our computer system. And then came an important moment.

She asked me about the registration fee which she was, no questions asked, absolutely ready to pay.

The reality is that, if you're reading this newsletter, you probably already know that NAMI Ventura County offers all our programs to participants free of charge. It's a vital cornerstone supporting our purpose. NAMI Ventura County supports, educates and advocates to and for every person who wants it.

We are working to ensure there are no barriers

to mental health education.

When I came to NAMI Ventura County six years ago as a volunteer, the simple fact that we don't charge for our programs hit me hard.

The last thing anyone in crisis, whether peer or family member, should have to worry about is money. But, with the state of our healthcare system, that's a horrifying reality.

Far too many people have to make impossible choices. Meds or food? Rent or treatment? And, it's simply cruel to force those choices when a person is at their most vulnerable and stressed.

Free is, in fact, powerful. Because Free is equivalent to access and, in our case, it's equivalent to knowledge. The knowledge our participants gain by attending classes, seminars and presentations is invaluable.

We are not born knowing how to cope with the fallout of mental illness. Those are learned and practiced skills which most of us don't

acquire until we are forced to by life. Whether it's because of an employment requirement, family or personal crisis, or tragedy, Free can take some pressure out of challenging situations.

#### The last thing anyone in crisis, whether peer or family member, should have to worry about is money.

That is why you will hear every one of us at NAMI Ventura County talk about the NAMIWalk at length. It's why we gleefully thank you when you stop by our office to make a donation. Financial support from the community means we get to continue offering the relief of Free to our clients.

When I told my caller that the class would be free, she was surprised. In her mind, what NAMI offers was valuable and, as such, came with a pricetag. And, she's right. What NAMI Ventura County offers is incredibly valuable but so is Free.

**Spring 2020** 

**NAM** Ventura County's **Community Resource Line** is available while shelter-at-home restrictions remain in effect.

> **M-F 9a.m.-5p.m.** 805-500-NAMI

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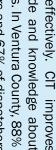
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Camarillo, 805.641.2426 www.namiventura.org CA 93011-1613

Lives touched in 2019 by NAMI Ventura County programs



# **(** 2020 NAMIWalks

# The VC Virtual Takeover & NAMIWalks Your Way Bringing Mental Health for All

#### **Roberta Griego Director of Operations**, **Community Outreach & Development** NAMI Ventura County Walk Manager

Our country, and the rest of the world, is experiencing the most devastating disaster I've seen in my lifetime. I thought 9/11 was the worst our country could face, but the Coronavirus pandemic has become a daily nightmare.

The growing death toll and the rapidly rising numbers of diagnosed cases are shocking but the way COVID-19 has infected all of our lives has made this new crisis deeply personal to each of us.

I've wondered about my family, friends, colleagues and myself being exposed. I worry about when that timebomb will go off and someone close to me will get sick with this horrific disease. It is like knowing a bomb is going to explode near you but having no idea how long is left on the timer.

My heart, soul and daily prayers go out to all Ventura County's essential medical personnel, first responders and government employees. There are so many more NAMI Ventura County continue to offer their

essential people working daily, despite the risk, to keep our communities fed, healthy and informed. From truck drivers to grocery store staff and pharmacy workers to postal employees, they all deserve gratitude for continuing to serve the citizens of this beautiful county.

They, and you, are in my thoughts and prayers. Please follow social distancing guidelines and weather the storm at home if you can. Please be careful and safe.

#### **NAMIWalks in Focus**

With all that in mind, NAMI Ventura County has made some necessary changes to our largest annual fundraising and awareness event. Our 15th annual NAMIWalk is undergoing a big makeover. The NAMIWalks Ventura County Virtual Takeover and NAMIWalks Your Way: A Virtual Event are coming straight to you throughout the entire month of May.

While you might miss our NAMIWalks beachfront view, the mission behind the event hasn't changed. The NAMIWalk is still all about busting stigma and helping

support, education, and advocacy programs absolutely free to every single participant.

If you need some context around how important NAMIWalks fundraising is, you can look to our 2019 numbers. In 2019, NAMI Ventura County served 6,830 individuals through our entirely free programs. For 2020, we already expect that number to grow significantly.

For the 2020 NAMIWalks Virtual Takeover. we have a fundraising goal of \$200,000. Don't forget, teams and individual walkers will have the entire month of May to work their magic and help us reach our goal.

#### The Takeover Makeover

At this point, you are probably wondering how the NAMIWalks Virtual Takeover is going to work. While our traditional NAMIWalk has focused on a big, oneday event, our new format gives you the opportunity to participate however you want. What could be more exciting than that?

During the 2020 virtual walk season, you are going to hear two different event titles.

NAMIWalks Ventura County Virtual Takeover

is our affiliate's monthlong, local event.

When you register for the Virtual Takeover, you will receive a special NAMIWalks bib. Cut it out, fill in why you walk, and send us a selfie. We will be sharing selfies and walker stories on our social media and eblasts throughout May.

NAMI Ventura County's NAMIWalks Virtual Takeover will kick off with a fun virtual rally on Saturday, May 2 at 10 a.m. This will be a great opportunity to ask your questions, hear fundraising suggestions, and build some NAMIWalks energy.

Late in the month, NAMI Ventura County will be joining in as over 35 other affiliates in the United States and the NAMI national organization celebrate NAMIWalks Your Way: A Virtual Event. This show of virtual unity will kick off on Saturday, May 30. From 10 a.m. to 2 p.m. we want you to join this live virtual walk through videos, pictures, and emails as well as flooding NAMI Ventura County's Twitter, Instagram, and Facebook pages with your stigmabusting messages.

We need all the Ventura County NAMIWalks

teams and walkers be part of our local movement. Show your support and get creative! Show us your "I Walk Because" message through a picture, live video, or poster. Show off your musical talents or artwork. Send us video of your special NAMIWalks home workout if you want! On May 30th, we want you to do something fun and exciting from your home to celebrate.

Please join us online starting at 10 a.m. so we can show how NAMI Ventura County rallies community support. We came together during the 2018 NAMIWalk after the Thomas and Woolsey Fires and the Borderline Tragedy. It's time to demonstrate to the the entire county exactly what Ventura County Strong means.

What Comes After We are looking forward to the day when

shelter-at-home orders and social distancing requirements have been lifted. One day, we will start back to our daily routines. Local businesses will open their doors. Families will head for church or the beach or Saturday soccer practice. Our weekday routines of coffee and freeway traffic and sleepy Monday mornings will resume.







When regular life resumes, NAMI Ventura County will announce a NAMIWalks celebration. We hope you all will come together to celebrate a memorable NAMIWalks Ventura County season. Hitting the top of our \$200,0000 goal thermometer will show how Ventura County does community.

I want to thank you, and thank you, and thank you some more for finding it in your hearts and souls during this crisis to continue showing your financial support to NAMI Ventura County. We have not, and will not, stop serving families and peers throughout their journeys with mental illness. You are our cornerstone as we keep fighting to stop the stigma and continue showing that they are not alone.

For more information on the 2020 NAMI Ventura County NAMIWalks Takeover and the NAMIWalks Your Way: A Virtual Event, visit our website at www.namiventura. org where you can also sign up for our eblast. Or, follow NAMI Ventura County on Facebook, Twitter (@namiventura), and Instagram (namiventura). Questions? Email us at info@namiventura.org.

## **@**Programs NAMI Ventura County Offers Full Slate of Programs for 2020

#### Chris Novak **Program Administrator**

The number of individuals diagnosed with mental health disorders is growing. Armed with a unique understanding, we offer - free of charge - support, education and advocacy

to and for those impacted by a mental health NAMI National and NAMI Ventura County condition including family members.

We also advocate for those working towards recovery after getting a diagnosis. Our programs are designed to support community needs in dealing with these issues.

Family to Family Class: An 8-week education course for families, partners and friends of individuals living with a mental health condition taught by trained family members.

Familia a Familia Clase: A 12-week education course for families, partners and friends of individuals living with a

mental health condition taught in Spanish by trained family members. Family & Friends Webinar: A

4-hour webinar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. webinar leaders are family members and know what it is like to have a loved one with a mental health condition.

Peer to Peer Class: NAMI Peerto-Peer is a 8-week education class for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of peers living in recovery from mental health challenges.

Provider Education Class: A 5-week course that presents a penetrating, subjective view of family and consumer experiences with serious mental illness to staff at organizations working directly with people experiencing severe and persistent mental illnesses. (CEUs available)

Family Support Groups: These groups are for caregivers of individuals living with a mental health condition, including parents, siblings, spouses, partners or friends. Support groups are held in five locations in English and one location in Spanish.

**NAMI Connection:** A twice-monthly recovery support group for people living with mental illness where people learn from each other's experiences, share coping strategies, and offer encouragement and understanding.

In Our Own Voice: A unique public education program developed by NAMI, in which two



# **NAMI** Ventura County is practicing Physical Distance Not Social Distance <

**That Means Our Programs Will Continue Being Offered Through Online Platforms in 2020 Until Restrictions Are Lifted.** 



trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is also an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Ending the Silence: An educational program

For more information, schedules and registration, go to www.namiventura.org/programs or email info@namiventura.org.

programs and presentations are developed by experienced professionals using evidence-based practice with information and teaching models updated regularly. The signature Family to Family education program was designated as an evidence-based program by SAMHSA in 2013.

mental illness. ETS for Students is designed for 7th through 12th grade audiences. Ending the Silence also offers presentations specifically for parents and school staff.

FaithNet: NAMI FaithNet is an interfaith

resource network for faith communities welcoming and supporting persons and families living with mental illness.

**Community Resource Line:** NAMI Ventura County's Resource Line is staffed by knowledgeable volunteers who answer general questions about mental illness and recovery as well as provide referrals to NAMI programs and other community mental health resources. Call 805-500-NAMI.

General Meeting & Guest Speakers: These monthly education and advocacy meetings are free and open to anyone interested in learning about mental illness. Guest speakers address a wide range of topics. Past guest speakers have included psychiatrists, therapists, psych pharmacologists, state and local mental health leaders and more.

NAMIWalks: Every journey begins with that first step! Join us as NAMIWalks Ventura County celebrates our 15th Anniversary

**Spring 2020** 

in 2020. Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing communities and ensuring that help and hope are available for those in need.

Annual Community Christmas Party: A wonderful tradition where all those in the community involved in mental health issues come together and share in the festivities of the holidav season.

#### Lynn Bulock **FaithNet Coordinator**

NAMI has an arm of operations that works with faith communities offering several different programs to churches, temples, and mosques. It's not just a single program, but more of a clearinghouse for all kinds of programs that are valuable to the faith community.

In 2019, NAMI-Ventura County started offering FaithNet programs to faith communities of all sizes. I am the FaithNet coordinator for NAMI in this area. In my "other life" I work for a church, so I have the skillset to talk to faith leaders about mental health issues and how to help folks in their congregations, and communities with mental health challenges.

When I first started learning about NAMI years ago, one thing I found out right away surprised me. When someone is having a mental health crisis, or has a family member in crisis, they are as likely to seek help from a faith community as they are a medical facility. That statistic hasn't changed much in the five years I've been volunteering with NAMI.

#### Tech from page 1

What is the virtual classroom experience **like?** In the virtual classroom, you will see your instructors or facilitators leading on webcam. If they have slides or other visual materials, you will see those in another box on your screen. Presenters control these materials and you will not need to do anything to see or control them. Somewhere on your screen, there will be a list of participants and a text chat function. Depending on the class and instructor, your microphone may be muted until audience participation is open. Certain features of the text chat may

#### *Volunteer* from page 3

Our volunteer needs and opportunities also extend to our highly anticipated NAMIWalk. In light of the pandemic, we have changed the format of our 2020 NAMIWalk. If you haven't heard by now, we are launching a Virtual Takeover of our 15th annual walk. Get all the details on page six.

You can plug into the NAMIWalks Ventura County Virtual Takeover right now. Go to our website at namiventura.org and navigate to the NAMIWalks page. From there, you can

FaithNet is NAMI's answer to equipping faith leaders with the skills they need to help families get the help they need. While someone's first contact might be the lay or professional leaders of a faith community, that shouldn't be their only contact. Those leaders need to know what community resources are available, and how to access them. They also need to recognize the signs of serious mental illness, and suicidal thoughts and behaviors.

A good way for a church or temple to learn more about mental health and mental health ministry is to request that someone from NAMI Ventura County present the Bridges of Hope program. This is a 55-minute presentation with slides and printed materials that shows people how to recognize mental illness and suicidal behavior and gives them the tools to do effective ministry with people with mental health challenges and their families.

The program can be customized to fit the needs of the community. Bridges of Hope can be presented to a small group of leaders, or a larger group in the congregation. It's good for starting the conversation of how to begin a mental health ministry in your faith community, or how

available to maintain confidentiality.

How will I know what to do? When you register for the class or program, you will receive specific instructions, including screenshots, letting you know how to log into the class. You will also receive materials explaining the useful platform features as well as NAMI Ventura County's guidelines and expectations for virtual classroom participants. We do recommend downloading the app ahead of your scheduled class and testing it out.

donate, form a walk team and register to join all of the Virtual Takeover fun.

We also need volunteers to assist us behind the scenes to ensure our single biggest annual fundraising is a huge success. The NAMIWalk is incredibly important to keeping our programs available, and free, to all of Ventura County.

Even if you don't have the time or interest in formally volunteering, NAMI Ventura County

to lessen stigma and raise awareness about

## Outreach **( Introducing FaithNet: Resources for Mental Health Ministries**

be disabled and recording features will not be

to expand a mental health ministry program if you have one already going. If you would like to schedule a presentation of Bridges of Hope, call the NAMI office at 805-641-2426, or send me an email at *lynn.bulock@namiventura.org* so we can talk.

For faith communities already doing mental health ministry programs, there are several ways to take the next step in offering programs and services. One would be to host a Family & Friends seminar. a four-hour workshop designed to introduce evidence and experience-based mental health education with a focus on empathy, action, and hope.

Another would be to offer an Ending the Silence program for middle school or high school youth, and the corresponding programs to parents and staff. Ending the Silence is a powerful presentation that breaks down stigma around mental health and helps students, families, and school staff learn how to actively care for themselves and for their community.

For more information on these and other programs FaithNet can partner with your faith community on, go to www.namiventura.org.

What if I have technical problems or questions? For each virtual classroom, there will be a dedicated NAMI Ventura County staff member on call to help troubleshoot any problems and answer your questions. When you receive your instructions, that person's name and contact information should be included.

I am so excited to start this adventure with you and NAMI Ventura County. Please feel free to email me at *kimberly@namiventura.org* with any questions or hot tech tips.

is working diligently on growing our social media platforms. You can help by connecting and following us on Facebook (NAMI Ventura County), Twitter (@namiventura) and Instagram (namiventura). Use #namive to help us get viral!

Take care of yourselves and stay safe. If you are interested in volunteering with NAMI Ventura County, you can reach me at *mellanie*. temple@namiventura.org.



# **Upcoming Events**

NAMIWalks Ventura County Virtual Takeover Kickoff Rally: Sat., May 2 at 10am. Visit namiventura. org for full details and to register for NAMIWalks.

NAMIWalks Your Way: A Virtual Event: Sat., May 30 from 10am to 1pm. Visit namiventura.org for full details and to register for NAMIWalks.

#### **Family Support Groups** & Groupo de Apoyo Ongoing via webinar. Please visit namiventura. org for the full schedule.

NAMI Family & Friends Webinar Ongoing via webinar. Visit namiventura.org for the full schedule and registration.

## **Behavioral Health Advisory Board** BHAB **BHAB General Meeting**

Mon., April 27th, 1pm

During the current emergency, all in-person meetings of the Behavioral Health Advisory Board (BHAB) have been suspended until further notice. Meetings will be conducted online through Zoom. As always, community members are encouraged to attend.

The schedule for additional meetings will be decided at a later time. Meeting materials will be posted (www.vcbh.org/en/behavioral-healthadvisory-board-meetings) and sent by email.

The mission of the BHAB is to advocate for community members living with mental illness and/or substance use disorders and their families. This is accomplished through support, review, and evaluation of treatment services provided and/or coordinated through the Ventura County Behavioral Health Department.

# Resources

In an immediate psychiatric and/or medical emergency, please dial 911. **Request a CIT Officer.** 

Ventura County Behavioral Health For individuals in need of mental health services or experiencing a mental health crisis, please call: Star Program: (866) 998-2243 Available 24/7 or (805) 981-4233 Adult Crisis Team: (877) 327-4747 or 911 (Request a CIT officer)

**Acute Care Psychiatric Hospitals** Aurora Vista del Mar Medicare and private insurance only (805) 653-6434 801 Seneca St, Ventura

Hillmont Psychiatric Center All county residents (805) 652-6729 200 Hillmont Ave, Ventura

#### NAMI VC Community Resource Line (805) 500-NAMI: M-F 9am-5pm

#### **Treatment Referral**

SAMHSA's National Helpline is a free. confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357). Also available online at www. findtreatment.samhsa.gov

#### **Reach Out**

California Peer-Run Warm Line (available 24/7) 855-845-7415 or chat online at www. mentalhealthsf.org/peer-run-warmline

National Suicide Prevention Lifeline (available 24/7) 1-800-273-TALK (8255), by text (text NAMI to 741741), or chat online at www.suicidepreventionlifeline.org

The Trevor Project Lifeline (LGBTQ+ Youth) (available 24/7) 1-866-488-7386, by text (text START to 678678) or chat online at www.thetrevorproject.org

The National Domestic Violence Hotline (available 24/7) 1-800-799-SAFE (7233), by text (text LOVEIS to 22522) or chat online at www.thehotline.org

#### **Youth Resources**

JedFoundation.org: The Jed Foundation is committed to the mental and emotional health of college students and preventing suicide. The foundation runs several free online selfassessment and resource programs.

OktoTalk.org: It's time we talked about mental health. Share what's on your mind.

#### **COVID-19 Resources**

2-1-1 Ventura County: Information and referral service for Ventura County. Call 2-1-1, text COVID19 to 211211 or visit 211ventura.org.

Coping During Coronavirus: Online Support Groups: Coronavirus emotional wellness online support groups (English and Spanish) and more. Visit www.giveanhour. org/initiatives-and-programs/covid19-ca/

**Spring 2020** 





# Membership & **Membership RenewalApplication**

Support NAMI by becoming a member. Your membership counts! Membership is for 1 year beginning January 1 through December 31

Become a NAMI member or renew your membership today to add your name to the list of thousands raising their voices to demand services, support and respect for the millions affected by mental illness. NAMI membership demonstrates your support for the important work being done at NAMI and helps us make our voice heard in our community, in Sacramento, and in the nation's capital.

Members receive NAMI's national news magazine, the Advocate, in addition to local and state newsletters. Members also enjoy reduced costs at conventions, the NAMI Store, and other events, as well as voting privileges to shape the future of America's largest grassroots organization dedicated to building better lives for the millions affected by mental illness. Your membership in NAMI Ventura County supports our programs, increases our ability to help more families and allows us to advocate effectively on behalf of people affected by mental health conditions.

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NAMI Ventura County is an IRS recognized 501(c)(3) Non-Profit Organization and all donations are tax deductible. Federal Tax ID #77-0037450





vr is partner. your mom. your roommate. your grandfath padres, your doctor, your grandparent, your girlfriend ura-Count