



Autumn 2022

From the
President
Page 2

988
Goes Live
Page 3

NAMIWalks
2022 Recap
Pages 6&7

Upcoming
Programs
Page 10

NEW!

Donate Through Venmo!



venmo

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or look for @namiventura
in your Venmo app

NAMI TALKS Ventura County

Join The Party! The 24th Annual NAMI VC Community Holiday Event In The Works

By Kimberly Quinn
Program Coordinator

Let's start by acknowledging the simple facts. There are elves* on the front page of this newsletter.

Yes, I know technically we haven't even started Autumn yet. I am soaking in the sweaty irony of writing about elves and holiday dinners during a heat wave.

Whether we're ready or not, the winter holiday season is upon us once again. And, while everyone else hasn't even started thinking about picking out the perfect pumpkin, at NAMI VC we are planning our 24th annual community holiday party.

So, ho ho ho, here we go.

It is undeniable that NAMI Ventura County's annual holiday party spreads an incredible amount of joy throughout our communities. In 2021, we delivered parties, meals, and gifts to more than 400 residents of 16 board and care homes and psychiatric facilities.

Often, individuals living in these facilities do not have family involvement. Many don't have an opportunity to attend holiday parties or receive a gift. The NAMI VC holiday event allows all of us to bring cheer to each person who might otherwise feel forgotten.

During the early days of the Covid-19 pandemic, we designed an alternative to our traditional in-person holiday party. The Party In A Box model, while in need of a better name, keeps all the highlights including door prizes, games, snacks, and music. Each resident also receives a delicious holiday meal and a full gift bag.

On delivery day, we create a festive parade manned by staff and volunteers. City and county fire and police agencies accompany our caravan. Long time volunteer DJ Vince Franco also adds to the fun with festive music at each stop along the route.

There is also a hidden, but distinct, advantage to the delivery party. Because we bring the party to each

Right: The 2021 Party Box included snacks, door prizes, music, games and more! Residents also receive a holiday dinner and gift bag.

**Yes, I realize they are technically gnomes and not elves. But, festive is festive and these little fellows have coffee and cake.*

facility, NAMI Ventura County is able to bring holiday cheer to more individuals than ever. This helps ensure that we are including as many people as possible and no one is excluded from participating.

With that in mind, staff are planning the 2022 Holiday Party Delivery event and we need your help! Here's just a few things we need to make this event a success:

See **HOLIDAY**, Page 4



Our Stories Are Advocacy Tools For Change

This has been a tough summer for Ventura County, as we mourn the death of County Supervisor Carmen Ramirez. As you read the accolades you know that she was a staunch supporter of initiatives that made substantive change for the underserved of our communities.

I had the pleasure of meeting her (albeit via Zoom) prior to and after her election to the VC Board of Supervisors. She was an advocate for NAMI and reiterated her commitment to our mission and purpose. At NAMI Ventura County we send our condolences to her family, friends and constituency.

Advocacy in Ventura County is key to changing the status quo. Our advocacy group meets regularly with the VC decision makers, following up on housing, jail-based care, state changes to the courts (Care Court) and

MediCal (CalAIM). Stories are powerful change agents. We need your stories.

Your stories make an impact and are a conduit for change. We use them to illustrate the real experiences in our county. Please rest assured we will maintain your anonymity, but let us know what’s going on, and how significantly changes will help in the recovery process of your loved one.

Thank you for being a NAMI member, participating in fundraising efforts and volunteering to keep our services free. Look for communications that introduce our current fundraiser, \$40 for 40, celebrating NAMI’s 40 years in Ventura County.

You are all Superheroes!

Patti Pape
President, NAMI Ventura County

Not All Heroes
Wear Capes...

But you CAN
if you want.

Mental Health

Become a Hero today.

www.namiventura.org/mentalhealthhero

Navigating
UNCERTAINTY

Finding PEACE through Surrender

SATURDAY, OCTOBER 1, 2022
9:00 AM - 12:30 PM PDT | FREE In-Person & Online Mental Health Seminar
Chinese Christian Church of Thousand Oaks, 218 W. Janss Rd, Thousand Oaks, CA 91360
ENLIGHTENMENTALHEALTH.ORG



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Text NAMIVC
to
888-858-1450
for News

National 988 Line Is Live But Just Start Of Reimagined Crisis System

The NAMI Blog
NAMI.Org

988 is the first step in reimagining our crisis response, but there’s more work to do to ensure everyone receives the help they need — and deserve — in a crisis.

Too often, people with mental illness do not receive a mental health response when experiencing a mental health crisis. Instead, people in crisis often come into contact with law enforcement rather than a mental health professional. People in crisis deserve better.

The lack of a robust mental health crisis system leads to tragic results. One in four fatal police shootings between 2015 and 2020 involved a person with a mental illness, and an estimated 44% of people incarcerated in jail and 37% of people incarcerated in prison have a mental health condition — and people with mental illness are booked into the nation’s jails around 2 million times every year. Millions more end up in emergency departments that are often ill-equipped to address mental health crises, often waiting hours or days to access care.

NAMI is committed to advancing efforts to reimagine crisis response in our country. We believe that every person in crisis, and their

families, should receive a humane response that treats them with dignity and connects them to appropriate and timely care. NAMI is calling for a standard of care for crisis services in every community that includes — 24/7 call centers that answer 988 calls locally, mobile crisis teams and crisis stabilization programs — that end the revolving door of ER visits, arrests, incarceration and homelessness.

In 2020, the nation took a significant step forward with the enactment of the National Suicide Hotline Designation Act, a bill NAMI advocated for that created a nationwide three-digit number (988) to assist people experiencing a mental health or suicidal crisis. The Federal Communications Commission (FCC) determined that this number would be available — by both phone and text — is now available in communities across the country.

What Is 988?
988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline (now the 988 Suicide and Crisis Lifeline) where compassionate, accessible care and support is available for anyone experiencing mental health-related distress — whether that is thoughts of suicide, mental health or

substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The goal of the 988 Suicide and Crisis Lifeline is to provide immediate crisis intervention and support. When someone calls 988, a trained crisis counselor will answer the phone, listen to the caller, understand how their problem is affecting them, provide support and share resources, as needed. Crisis counselors are trained to help in a variety of crisis situations, and no caller is required to disclose any personal information.

For most callers, calling, texting or chatting 988 is the intervention. Crisis counselors will be able to resolve the urgent needs of the majority of callers on the phone or via text or chat, reducing the need for an in-person response overall. Additionally, SAMHSA, which oversees the 988 Suicide and Crisis Lifeline, states that, “Currently, fewer than 2% of Lifeline calls require connection to emergency services like 911.”

However, NAMI is advocating for everyone to have resources like mobile crisis teams in their

See 988, Page 11

2022 Memorial Donations

In Memory Of:

R.J. Skocypec
Meryl Lavine

Neal Andrews
Seborah Schreiber

Eva Lorena Sanchez
Vincent & Kimberly Colvin

Jan Jason
Reiko Osumi
Alan Klein

Patricia Russell
Kate & Rick Bridgman
Lyn Olson

Georgia Perry
Trudy Arriaga

Joshua Newstat
Jax Film
Rachel Newstat

Chris Rayas
Rebecca Franco

Tracy Kim Ember-Tapia
Laura Pace
Susan & Joel Godfrey
Karen Guccione

Pat Radcliffe
Reiko Osumi

In Honor Of:

Greg Alderson
Kathleen Northrop


Renda Roberts
Jordan Roberts

Dan Fitzpatrick
Kenneth & Janice Fitzpatrick

Would you like to
honor a loved one?


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 or visit the website at www.namiventura.org..

2



Autumn 2022

NAMITALKS Ventura County



3



You Raised
\$101,557.61
In 2022

2022 TOP TEAMS

1 Oxnard Police Department \$6,895	2 Chris Rayas Forever \$5,470	3 Simi Valley Police Department \$5,080	4 CRF Solutions \$4,075
5 Extinguish the Stigma (VCFD) \$3,886	6 Ventura County Psychologists (VCPA) \$3,815	7 Arcutis ACTs for Mental Health \$3,090	8 Trailblazers \$2,600
9 REACH Hueneme \$2,130	10 Stepping on Stigma (VCLA) \$2,080		

See NAMIWalks Photos on Page 6

2022 TOP WALKERS

1 Everly Carganilla \$3,520	2 Maya Zumaya \$2,130		
3 James Norris \$2,080	4 Mike Wood \$1,910	5 Shirley Brandon \$1,710	6 Michael Weisenberg \$1,470
7 Katherine Hamilton \$1,215	8 Diana Truong \$1,135	9 Jennifer Martin \$1,025	10 Jennifer Beltran \$1,000

Holiday from page 1

General Donations: You can make a general donation earmarked for this event. These donations help cover the cost of everything from dinners to gift bags and everything in between.

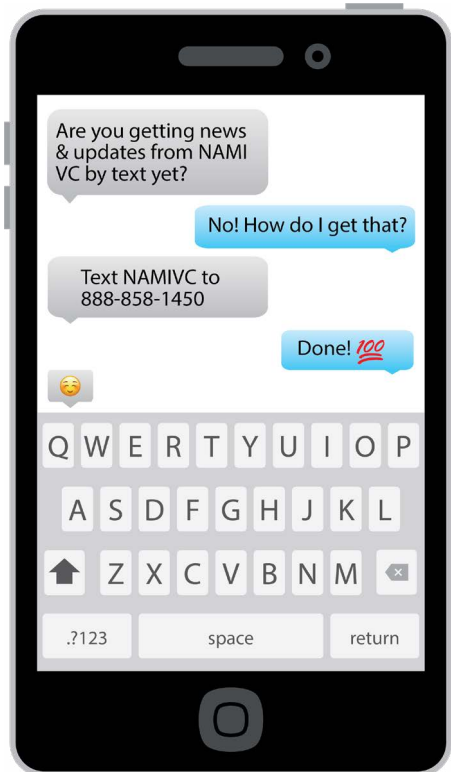
Ready to make a general donation? Contact Chris@namiventura.org

Door Prizes: Door Prizes are one of the most popular parts of the party! Each facility will receive a number of prizes and a ticket kit to choose winners. In 2021, we supplied over 60 door prizes total and it would be great to surpass that this year. Gift cards (i.e. coffee shops, fast food, book stores, Target, movie theaters) are popular. Throw blankets, candy packs, and art supplies have also been exciting door prizes in the past.

Have a door prize to donate? Contact Kimberly@namiventura.org

Time & Talents: Do you love wrapping gifts? Could you spend an afternoon helping stuff gift bags? Are you an amazing organizer? Would you enjoy joining the delivery caravan? Do you have a hidden talent that would help make this event extra special? We can absolutely use every helping hand this holiday season.

Want to volunteer? Contact Info@namiventura.org



Membership & Membership Renewal Application

Support NAMI by becoming a member. Your membership counts!

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.

Name: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Email: _____

- Your annual dues include:**
- \$10 for membership in NAMI National and the quarterly newsmagazine, The Advocate
 - \$10 for membership in NAMI California and the monthly electronic newsletter
 - The NAMI Ventura County newsletter

Choose Your Membership Level:
☐ \$60.00 Household Membership ☐ \$40.00 Individual Membership ☐ \$5.00 Open Door Membership

This membership is: ☐ New ☐ Renewal

Make a Donation:
☐ I want to donate \$100.00 to **Pay It Forward**
☐ I would like to make a one-time donation of \$_____ in addition to my membership.
☐ I would like to donate \$_____ monthly to become a Mental Health Hero

Please bill my credit card: _____ Visa _____ Master Card _____ American Express
Card Number: _____ **Exp. Date:** _____ **3 Digit Code:** _____
Name on Card: _____

☐ Please use this form to renew my membership annually.

Pay by Check:
Make checks payable to NAMI Ventura County. Mail to NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613
NAMI Ventura County is an IRS recognized 501(c)(3) Non-Profit Organization and all donations are tax deductible.
Federal Tax ID #77-0037450



NAMIWalks 2022 Season Finishes Strong With Big Crowds At Hueneme Beach



On Saturday, May 21st more than 500 NAMIWalkers gather at Port Hueneme Beach to celebrate NAMI Ventura County's first in-person event since the beginning of the Covid-19 pandemic.



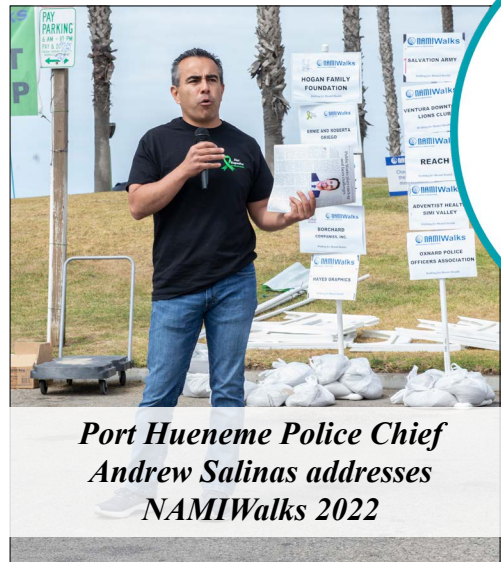
Sade Champagne sings "Happy Birthday" to Top Walker Everly Carganilla. The 8-year-old actress raised \$3,520 and held a charity telethon on YouTube.



Who needs sissors? Captain America kicks off NAMIWalks 2022 with some sweet moves!



Ventura County Lions Club members pose with Oxnard Police Department's mounted unit.



Port Hueneme Police Chief Andrew Salinas addresses NAMIWalks 2022



Longtime NAMI VC member Betty Goforth sits with Executive Director Roberta Griego after addressing the crowd



And away they go! NAMI Ventura County thanks all our amazing sponsors, partners, and volunteers for helping make our first post-Covid NAMIWalk fun and fabulous!

📷Kristen Wright 📷kristenwrightimagery

See Fundraising Results on Page 4



NAMI VENTURA COUNTY PROGRAMS 2022

NAMI Ventura County provides advocacy, support, education and resources for individuals and families affected by mental illness, inclusive of all, without discrimination and stigma.

Community Resources

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.

Community Cares Webinar: A 2-hour webinar for all community members (including peers and family members) introduces mental health education with a focus on building resilience with a foundation of self-awareness, self-care and communication. *En español como: Cuidado entra la comunidad.*

In Our Own Voice: A unique public education program developed by NAMI, in which two 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. *En español como: En Nuestra Propia Voz.*

Family Programs

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. *En español como: Familia a Familia.*

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. *En español como: Familia y amigos.*

Family Support Groups: These groups are for caregivers of individuals living with a mental health condition, including parents, siblings, spouses, partners or friends. *En español como: Grupo de Apoyo.*

School Programs

Ending the Silence for Students: A 60-minute educational program designed to lessen stigma and raise awareness about mental illness. The presentation includes information about warning signs and how to get help as well as a storytelling segment from a lived-experience speaker. ETS for Students is designed for 7th through 12th grade audiences.

Ending the Silence for School Staff: An educational presentation designed to inform educators and school administrators about student mental health. This presentation includes information about warning signs, facts and statistics, how to approach students and how to work with families.

Ending the Silence for Families: This presentation is designed specifically for parents or guardians of middle or high school aged youth. The presentation includes warning signs, facts and statistics, how to talk with your child and how to work with school staff.

NAMI On Campus: When students connect with one another, they can share common experiences and support each other. NAMI on Campus helps make those connections happen. NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs plan innovative awareness events and other NAMI programs through partnership with NAMI Ventura County.

Peer Programs

Peer to Peer Class: NAMI Peer-to-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.

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.

Professional Programs

Provider Education Seminar: A 4-hour program 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)

Faith Community Resources

FaithNet: NAMI FaithNet is an interfaith resource network for faith communities welcoming and supporting persons and families living with mental illness. FaithNet can connect NAMI programs to the need in your congregation.

Special Events

NAMIWalks: Every journey begins with that first step! 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.

General Meeting & Guest Speakers: These quarterly 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.

Community Holiday Party: A festive and popular NAMI Ventura County tradition where individuals living in board and care facilities are invited to share in the delights of the holiday season. The party, whether in-person or by delivery includes a delicious dinner, fun games, and gifts.

Visit namiventura.org for program information and schedules.

To schedule a NAMI VC program for your organization, please contact:
Chris@namiventura.org OR
Kimberly@namiventura.org



NAMI VENTURA COUNTY PROGRAMAS DE 2022

NAMI Ventura County brinda abogacía, apoyo, educación y recursos para personas y familias afectadas por enfermedades mentales, incluidos todos, sin discriminación ni estigma.

Recursos de la comunidad

Línea de Recursos Comunitarios: La Línea de Recursos del Condado de Ventura de NAMI está atendida por voluntarios expertos que responden preguntas generales sobre enfermedades mentales y recuperación, así como también brindan referencias a programas NAMI y otros recursos comunitarios de salud mental. Teléfono 805-500-NAMI.

Cuidado entre la Comunidad: Seminario gratuito de dos horas que involucra a cualquier persona interesada en aprender más sobre la salud mental y el bienestar. Esta presentación de NAMI del Condado de Ventura es un inicio de conversación y presentación de herramienta para organizaciones comunitarias, empresas e individuos que buscan apoyar y practicar el bienestar. *Se ofrece en ingles como Community Cares.*

En Nuestra Propia Voz: Estas presentaciones cambian actitudes, suposiciones e ideas sobre las personas con enfermedades mentales. Las presentaciones gratuitas de 90 minutos proporcionan una perspectiva personal de las condiciones de salud mental, ya que los líderes con experiencia personal hablan abiertamente acerca de lo que es tener una condición de salud mental. *Se ofrece en ingles como In Our Own Voice.*

Otros con experiencia propia

Compañero a compañero: Programa educativo gratuito de ocho sesiones para adultos con condiciones de salud mental que buscan entenderse mejor a sí mismos y su recuperación. Enseñado por líderes que han sido entrenados y con experiencia personal.

Conexión NAMI: Grupo de apoyo gratuito dirigido por compañeros con experiencia personal. Este programa es para cualquier adulto que haya experimentado síntomas de una condición de salud mental. Obtendrá información y mejorara su conocimiento al escuchar los desafíos y triunfos de otros.

Programas Profesionales

Educación del proveedor: El Proveedor NAMI presenta a los profesionales de la salud mental en las perspectivas únicas de las personas con enfermedades mentales y sus familias.

Programas familiares

Familia a familia: Programa educativo gratuito de doce sesiones para la familia, otros significativos y amigos de personas con enfermedades mentales. La investigación muestra que este programa mejora significativamente las habilidades de afrontamiento y resolución de problemas de las personas más cercanas a una persona con una condición de salud mental. La clase es enseñada por familiares entrenados por NAMI. *Se ofrece en ingles como Family to Family.*

Familiares y Amigos: Seminario gratuito de dos o cuatro horas que informa a las personas que tienen seres queridos con una condición de salud mental cómo apoyarlos mejor. También es una oportunidad para conocer a otras personas en situaciones similares y obtener apoyo de la comunidad. *Se ofrece en ingles como Family & Friends.*

Grupos de Apoyo: Grupo de apoyo dirigido por compañeros con experiencia personal. Es adecuado para cualquier adulto con un ser querido que haya experimentado síntomas de una condición de salud mental. Obtenga información de los desafíos y éxitos/triunfos de otras personas que enfrentan o han enfrentado experiencias similares. *También se ofrece en inglés.*

Recursos de la comunidad de fe

FaithNet: NAMI FaithNet es una red de recursos interreligiosos de miembros, amigos, clérigos y congregaciones de todas las religiones. Este programa promueve el importante papel de la espiritualidad en los viajes de recuperación de muchos que viven con condiciones de salud mental y para quienes la fe es un componente clave.

Visite namiventura.org para obtener más información y los horarios de los programas.



Envíe un mensaje de texto con NAMIVC al 888-858-1450 para recibir noticias y actualizaciones sobre NAMI Ventura County

En Las Escuelas

Terminando el silencio para estudiantes: Un programa educativo de 60 minutos diseñado para disminuir el estigma y crear conciencia sobre las enfermedades mentales. La presentación incluye información sobre señales de advertencia y cómo obtener ayuda, así como un segmento de narración de historias de un orador con experiencia vivida. Para grados 7 a 12.

Terminando el silencio para personal escolar: Una presentación educativa diseñada para informar a los educadores y administradores escolares sobre la salud mental de los estudiantes.

Terminando el silencio para familias: Esta presentación está diseñada específicamente para padres o tutores de los estudiantes. La presentación incluye señales de advertencia, hechos y estadísticas, cómo hablar con su hijo y cómo trabajar con el personal de la escuela.

NAMI en el campus: Es una extensión entusiasta y emocionante de la misión de NAMI en la comunidad escolar. Los clubes representando "NAMI en el campus" son clubes dirigidos por estudiantes que se están enfrentando a los problemas de salud mental en el campus.

Eventos especiales

NAMIWalks: ¡Todo viaje comienza con el primer paso! A través de la demostración pública y activa de NAMIWalks de apoyo a las personas afectadas por enfermedades mentales, estamos cambiando comunidades y asegurando que haya ayuda y esperanza disponibles para quienes las necesitan.

Reunión general: Estas reuniones de educación y defensa son gratuitas y están abiertas a cualquier persona interesada en aprender sobre la salud mental. Los oradores invitados abordan una amplia gama de temas.

Fiesta navideña comunitaria: Una tradición festiva y popular del condado de Ventura de NAMI en la que se invita a las personas que viven en instalaciones de alojamiento y cuidado a compartir las delicias de la temporada navideña. La fiesta, ya sea presencial o por delivery, incluye una deliciosa cena, divertidos juegos y obsequios.



Upcoming Events

Register at www.namiventura.org

General Meeting

Topic: Words Matter!

Oct. 12 (6:30pm/Zoom)

Family Support Groups

Ongoing via Zoom (1st-4th Tues). Please visit namiventura.org for the full schedule and registration.

NAMI Connections Support Group

Ongoing via Zoom (1st& 3rd Weds). Please visit namiventura.org for the full schedule and registration.

Peer to Peer Class

Pre-register for classes starting in October

Family to Family Class

Pre-register for classes starting in October

Próximos Eventos

Registrarse en

www.namiventura.org

Familia y amigos seminario web

Nuevas clases comenzando pronto

Grupo De Apoyo

Nuevas grupo comenzando pronto

Cuando se registra en un programa, su información está segura. NAMI Ventura County nunca comparte información personal con ninguna otra agencia.

When you register for a program, your information is safe with NAMI Ventura County. We never share personal information with any other agency.

What Mental Health Topics Interest You?

We want your suggestions for general meeting topics! Email your suggestions to kimberly@namiventura.org



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) Call 988, 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 self-assessment 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/

Behavioral Health Advisory Board

3rd Monday of each month at 1pm These meetings are open to the public. For more details please call (805) 981-1115.

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.

Meeting materials will be posted (www.vcbh.org/en/behavioral-health-advisory-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.

988 from page 3

community (see below). Communities that currently have robust crisis services estimate that more than 80% of crises are resolved on the phone, and mobile crisis teams, staffed by behavioral health professionals, are dispatched when an in-person response is needed — with most dispatches resolved in the community. The work is ongoing to make this available everywhere.

You can reach the 988 Suicide and Crisis Line by calling 988, texting 988 or chatting via Lifeline's website.

What Does The Ideal Crisis Response System Look Like?

NAMI is leading efforts to urge policymakers to invest in a crisis system that provides people with someone to talk to, someone to respond and somewhere to go. It will take federal, state and local action to implement the national best practices for crisis care in every community to ensure everyone in crisis gets the help they need, when they need it.

In addition to calling on federal policymakers to require that crisis services be covered by all health insurers and to provide substantial funding to states to build out crisis services,

mental health advocates need to urge their state leaders to action. Advocates must educate state policymakers about how our current response to crisis falls short, and how a reimagined crisis response system will help. This system should include:

24/7 Local Crisis Call Centers: "Someone to talk to"

All calls to 988 should be answered locally by staff who are well-trained and experienced in responding to a wide range of mental health, substance use and suicidal crises. Crisis call centers should be able to connect people to local services, including dispatching mobile crisis teams and scheduling follow-up appointments with local providers.

Mobile Crisis Teams: "Someone to respond"

Mobile crisis teams should be available for people in crisis who need more support than can be offered over the phone. Staffed by mental health professionals, including peers, these teams can de-escalate crisis situations and connect a person to crisis stabilization programs or other services. Mobile crisis teams should collaborate closely with law enforcement, but only include police as co-responders in high-risk situations.

Crisis Stabilization Programs: "Somewhere to go"

Some individuals in crisis will need more assistance from crisis stabilization programs that provide short-term observation and stabilization. These trauma-informed programs may also identify additional treatment needs and provide a "warm hand-off" to follow-up care, from peer supports and outpatient services to more intensive services, such as hospitalization.

The legislation that created 988, which routes through the 988 Suicide and Crisis Lifeline (previously referred to as the National Suicide Prevention Lifeline), expanded the scope of the Lifeline to include mental health crises. Recognizing that this expanded scope and greater visibility for the Lifeline would create greater demand and expectation of response, the legislation also allows states to charge fees on phone bills to help fund these services.

Many NAMI State Organizations across the country are working with state policymakers to implement state legislation that outlines the crisis services that will be available statewide to respond to the needs of people calling 988 and implement these fees, which are similar to 911 fees, or other funding sources.

What is NAMI On Demand?

The OnDemand class format is an adaptation of in-person education programs. These programs are self-paced and available online 24/7. OnDemand programs offer the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other caregivers. Participants can sign up at nami.org.

NAMI Homefront: Based on the nationally Family-to-Family program, NAMI Homefront is a free, six-session program designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans with mental health conditions.

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers.



**nAMI Ventura County's
Community Resource Line
is available
Mon-Fri 9am-5pm
805-500-NAMI**



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Use It.**

**Enlighten.
Uplift.
Inspire.**

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