



Autumn 2021

nami TALKS Ventura County



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Tips For A Happier Holiday Season

Jessica Maharaj

The "most wonderful time of the year" can quickly turn into the most stressful time of the year for many. When compounded by a mental illness, common holiday pressures can create a perfect storm of exacerbated stressors, symptoms and setbacks if not proactively addressed.

The reality is that potential hazards exist at every turn during the holidays. These situations can trigger heightened difficulties for people suffering from depression, anxiety, PTSD and other mental illnesses. The holidays can also introduce additional stressors such as complicated relationship dynamics at family gatherings, grief over losing a loved one or simply trying to live up to the unattainable expectations of the "perfect holiday."

While it's important that all people consider the impact of the holidays on emotional well-being, it is crucial that those with mental illness consider tactics for avoiding pitfalls. Of all the things on your holiday preparation to-

do list, the most critical one is maintaining your mental health and practicing self-care.

Major Depressive Disorder With A Seasonal Pattern

Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder, or SAD), is a form of depression that often accompanies changes in seasons. This disorder results from chemical changes in the brain and body and is best controlled with the help of a mental health professional who understands the nuances of treating this condition. Whether through online, remote care options such as telepsychiatry or in-person treatments, seeking professional support is truly beneficial in proactively managing this condition leading up to, during and following the holiday season.

Symptoms of SAD can become more pronounced as the holidays approach. These tips can help you manage your symptoms during the holidays.

Stay hydrated. Drink plenty of water and herbal teas, and don't forget to hydrate your skin with lotions and

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Annual Holiday Party Returning December 15th

For people living with mental health conditions, the winter holidays can be a bleak time of year. While others are busy wrapping presents and planning parties or trips, often people living with serious mental health challenges are reminded of what they don't have. That might be the resources to give gifts, joyous family celebrations, or a special dinner just to celebrate the season.

You CAN help make the season special.



It's not
how much we give,
but how much love
we put into giving

Help Deliver Joy & Spread Cheer With NAMI VC

Make a Donation

Contact Chris@namiventura.org

Help bring holiday cheer to more than 400 Ventura County residents by making a donation to NAMI VC. You can specify your donation be used toward the holiday event.

Donate Door Prizes

Donate a small gift so each facility can have a door prize lottery. These special gifts are in addition to the gift bag each resident receives.

Contact Kimberly@namiventura.org

Give Your Time

Contact Roberta@namiventura.org

This event takes a lot of helping hands to put together. We can use volunteers in November as we prep party boxes and gift bags as well as on December 15th as we make deliveries.

President's Message

Reflecting And Looking Ahead to 2022

As 2021 comes to a close, my reflections have centered on how far we've come and what an amazing job NAMI Ventura County did in pivoting to serve our community despite mandates and closures. I am especially proud of our small but mighty staff, Roberta, Chris and Kimberly who have kept our programs running, introduced new programs, and increased the number of people we have reached and served. Of course we could not have done any of this without our corps of volunteers who serve selflessly, despite their personal challenges.

Changes are coming to California's MediCal system and the treatment of patients needing mental health services. On January 1st, CalAIM, California Advancing and Innovating Medi-Cal, will take effect. This reform will provide for non-clinical interventions focused on a whole-person care approach via Medi-Cal that target social determinants of health and reduce health disparities and inequities. To review the entire proposal, follow the link to the Department of Healthcare Services (DHCS) document, *California Advancing and Innovating Medi-Cal Executive Summary and Summary of Changes*. With this positive step our loved ones will have access to an integrated wellness system, which aims to support and anticipate health needs, to prevent illness, and to reduce the impact of poor health.

On the advocacy front we have been working behind the scenes for mental health reform in Ventura County by meeting with our county supervisors, elected officials and Behavioral Health leadership. Keep an eye out for upcoming general meetings that will give you important insight into accessing behavioral health services and the impacts of CalAIM on these services; updates on mental health services in the jails; and opportunities to hear from the candidates in the upcoming elections for county officials including the sheriff and district attorney. NAMI Ventura County is out there in the community making sure we represent our members and their concerns!

I encourage all of you to support NAMI Ventura County both with your time and financial resources when possible. With the holidays approaching, consider giving the gift of membership to friends and family through our website, www.namiventura.org/membership/. You can also give an honorary donation, whether it's a one time gift, or set up



Patti Pape
President, Board of Directors

as a recurring donation at, www.namiventura.org/memorial-honorary/. The gift of NAMI will sustain our programming and allow us to continue expanding our reach in the community through education and advocacy.

My final thought for you is, as we move into the holidays it's important when facing so many things outside our control which can be experienced as stressful, to reflect on what makes us feel better, happy, content, hopeful and calm. To overcome stress, we must claim our own sense of empowerment and decide how much we will allow ourselves to be affected and how we choose to live our life day to day.

Wishing you all healthy holidays!

Patti Pape, President
patricia@namiventura.org

Not All Heroes
Wear Capes...

Mental Health

But you CAN
if you want.

Become a Hero today.

www.namiventura.org/mentalhealthhero

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Website: www.namiventura.org

2021
Memorial Donations

In Memory of:

Margaret Broughton
Reiko Osumi

Mary Ann Goodman
Christine Nuttall

Jan Jason
Reiko Osumi

Dr. Robert Paul Liberman
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Georgia Perry
Kathy Asher
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In Honor of:

Maryellen Benedettos's
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Mary Marostica

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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.

In Memoriam

Dr. Robert P. Liberman 1937-2021

Dr. Robert P. Liberman, a psychiatrist who pioneered the development of rehabilitation for the mentally disabled and spread his methods throughout the world, died surrounded by family on Friday, August 20th. He was 84 years old.

Dr. Liberman was the first psychiatrist to prove that seriously and persistently mentally ill individuals, such as those with chronic schizophrenia, could learn to control their symptoms, improve their social and independent living skills and enjoy a better quality of life. His first book, "A Guide to Behavioral Analysis and Therapy" (1972), demonstrated how principles of human learning could be applied to a wide variety of persons with mental disorders, including those who had spent most of their lives in hospitals or locked facilities, segregated from the rest of the population.

His research showed that most mentally disabled individuals could function in society if they received comprehensive, continuous, consistent, coordinated, consumer-oriented and compassionate treatment. He also proved that engaging families as partners in treatment led to marked reductions in relapse rates, lessened emotional burden and lowered costs to society.

Dr. Liberman's research on developing effective treatments was conducted in state hospitals, community mental health centers and Veterans medical centers, as well as at the UCLA Neuropsychiatric Institute. He spent over 35 years travelling throughout the world to demonstrate his methods and help professionals in his field to adapt his techniques to local situations. His module based training programs were adopted by psychiatrists and psychologists in Europe, Asia, South America, North Africa and in all 50 states in the United States. His books and rehabilitation programs were translated into 24 languages.



Robert Paul Liberman was born in Newark, New Jersey, received his undergraduate degree from Dartmouth, medical degree from Johns Hopkins and psychiatric training at Harvard. He spent 6 years in the U.S. Public Health Service, moving to California in 1970 when he joined the medical faculty at UCLA. He was an activist that led medical professionals against the war in Vietnam in a demonstration at the White House in Washington DC. In 2000, he received an award for his work in rehabilitation and human rights at the United Nations.

Despite over a half century of noteworthy professional accomplishments, he was most proud of his family, and loved spending time with them exploring countries and cultures around the world, and making memories together at his home of 50 years on Lake Sherwood in the Santa Monica mountains.

Dr. Liberman is survived by his wife, Janet Brown-Liberman, two sons, Peter of New York City and Nate of Los Angeles; three daughters, Sarah Jane Horton of New York City, Danica of Los Angeles and Annalisa Murphy of Los Angeles; twelve grandchildren; and brother, Art of Palo Alto. The family asks that in lieu of flowers, contributions be made to NAMI: National Alliance on Mental Illness.

Published by Los Angeles Times on Aug. 29, 2021.

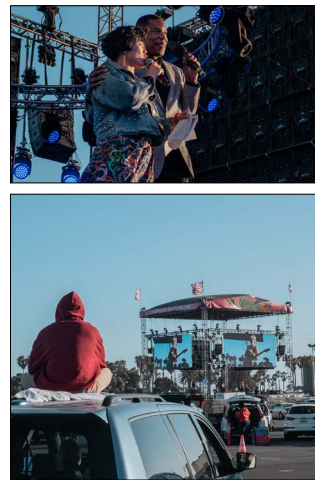
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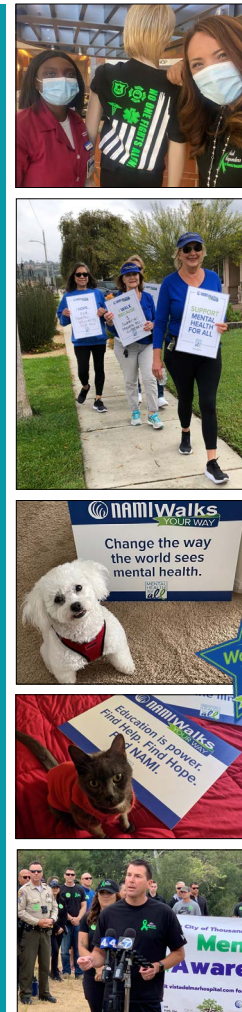
www.namiventura.org



Thursday, May 20th, 2021



Sound Mind Mental Health Music Festival



Top 10 Walkers

Andrew Salinas \$10,490
Maya Zumaya Lazos \$4,592
Bryan Samples \$3,460
Shirley Brandon \$2,185
Adriana Sullivan \$2,160
Susan Epperson \$1,750
Amy Commons \$1,685
Jason Benites \$1,543
Misty Perez \$1,415
Everly Carganilla \$1,070



\$106,391.84
raised in 2021

**THANK YOU FOR SUPPORTING
NAMI VENTURA COUNTY DURING
NAMIWALKS YOUR WAY 2021**



NAMIWalks Ventura County 2021

Sponsor Spotlight



Top 10 Teams

Port Hueneme Police Department
\$12,545

Team Oxnard Police
\$8,319

Extinguish the Stigma (VCFD)
\$6,450

Ventura County District Attorneys Office
\$6,145

NAMI Mommies/In Honor of Georgia Perry
\$4,210

Vista del Mar Hospital
\$3,866

#TeamSimiValley
\$3,585

TRAILBLAZERS
\$3,350

The Walking Wonders
\$2,435

Ventura Downtown Lions Club
\$2,191

Six Life-Changing Benefits of Volunteering in Your Community

More people are doing volunteer work in the US than ever before!

The latest volunteer statistics are as mind-blowing as they are heart-warming:

Well over 77 million Americans volunteered for one cause or another in 2019. In total, they racked up 6.9 billion hours of volunteer work, which equated to around \$167 billion in economic value.

You can guarantee that work and commitment makes a mighty difference in the lives of others. As it happens, though, the volunteers themselves will have enjoyed a plethora of benefits as well. In truth, there are all sorts of incentives to donate and/or volunteer your time and money to good causes.

1. New Skills and Experience

People volunteer for a wide range of causes and organizations. You may never have worked in a particular field, with a certain population, or been tasked with certain roles and responsibilities. However, when you're volunteering, that often doesn't matter.

As long as you're passionate and conscientious, volunteer work is a great way of trying something new. The result? A major learning opportunity and the chance to develop a host of novel skills. You'll walk away from volunteer work with newfound expertise and insight.

2. Improved Job Prospects

Gaining new skills and knowledge is gratifying in its own right. But the benefits don't stop there; you'll enjoy some practical perks too.

For example, you automatically improve your job prospects. The skills and experience you've earned make you more valuable to an employer. Beforehand, you may have lacked the experience required to fulfill their job criteria; with it, you'll be in the running.

Not only that, the simple fact you've volunteered says something of your personality. It shows dedication, diligence, a good work ethic, and caring nature. These positive attributes make you more employable too.

3. Newfound Awareness

It's easy to walk through life ignorant to other peoples' challenges and unique situations. That all changes when you start volunteering for charitable organizations.

Suddenly, you're confronted with the reality that many people live in challenging and in some cases, dire circumstances. It's far harder to turn a blind eye when you're forced into such awareness.

Moreover, you might find a new passion for improving the lives of others. It may even change the direction of your life.

You might find a new passion for improving the lives of others. It may even change the direction of your life.

4. Goodwill and Self-Esteem

At a basic level, volunteer work simply feels great. The rewarding nature of good deeds is one of the most fundamental benefits of doing them.

Making a difference in the lives of others has a positive impact on everyone involved. The people in need benefit from your time and efforts; you enjoy a sense of goodwill, which boosts self-esteem in the process.

This isn't mere speculation. There's a lot of interesting science behind good deeds too. It seems humans are neurologically programmed to benefit from doing them.

5. Personal Development

Everything we've mentioned above makes volunteering a one-way ticket to personal growth and development!

It's an inevitable end result of the new skills, awareness, and level of care you cultivate.

The experience will challenge you in new ways. You will see and do new things that may push you out of your comfort zone.

Facing these challenges and overcoming them can change you for the better. You walk away as a contributing member of society, and a better-rounded person overall.

6. New People, Connections and Community Sometimes, it's not what you know but who you know that matters.

Volunteering has a habit of growing your network, friendship group, and a sense of community. Why? Because all work of this nature has relationships at its core.

How To Get Started Volunteering With NAMI Ventura County!

Step 1:

Fill out the volunteer application at www.namiventura.org/volunteer-information/

Step 2:

Chat with a NAMI Ventura County staff member about programs or events that interest you!

Step 3:

Attend a brief volunteer orientation!

Step 4:

Join the NAMI family of volunteers!

You'll meet new people from all backgrounds and walks of life. Colleagues and service-users alike have the chance to become new and valuable parts of your own story.

Many of the individuals you work with will share your values and ideals. Still, others will be vastly different! It doesn't matter, though-the shared task at hand will bring you together. Friendships made through volunteer work tend to form rapidly and last for a long time.

Time to Try Volunteer Work

Tens of millions of people now contribute to good causes around the country. Given the extent and array of need that exists out there, it's good news too!

Each and every individual that donates their time and/or money to voluntary efforts makes a valuable difference to the lives of others. Even better, the volunteer enjoys a host of rewards as well.

From *Article City*

NAMI Ventura County's Resource Line is available
M-F 9a.m.-5p.m.
805-500-NAMI

Holiday from page 1

lip balms. Hydration nourishes the brain and its physical effects can improve your overall mood.

Find time to exercise. The holiday season is a great time to ice skate, ski or hike. If you don't have access to these outdoor activities, any form of exercise will release endorphins, which can lessen the symptoms of depression.

Spend time with loved ones. This offers an opportunity for social interaction, which can help lessen the feelings of loneliness that may come around this time of year.

Pamper yourself. Taking a bath, having a warm drink or getting a massage can create a sense of calm and happiness, especially during the stress of the holidays.

Indulge without overconsuming. Treating yourself can make you happy, but over-indulging in unhealthy food around the holidays can negatively impact symptoms.

Grief Over The Holidays

One of the greatest holiday stresses is the absence of a loved one who passed away. The empty seat where they would have sat can fill families with a sense of grief, loss and emptiness, as well as worsen symptoms for individuals with mental illness. The following recommendations can help you and your family cope:

It's not all sad. Know that some parts of the holiday will be wonderful, and some parts

will be sad. The anticipation of sadness may be stressful, but the holidays provide an opportunity for healing. You can still take joy in the relatives that are present and remember fond memories of holidays past.

It is okay to feel the way you feel. It is healthy to acknowledge your feelings and work through them, rather than suppressing them.

Take care of yourself. Find healthy ways to cope, such as exercising. Organizing family walks is a great way to get fresh air and enjoy the company of others. Don't search for solace in unhealthy foods or alcohol. If alcohol is present, drink responsibly.

Don't feel pressured to uphold family traditions. While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.

Keep in mind that the loved ones you lost would want you to remember them fondly, to enjoy the holiday season, and to find comfort in having the family come together.

Managing Holiday Expectations

The holiday season only comes once a year, and while it's understandable to aspire for perfection, it's important to set realistic, attainable goals. The following are a few key tips for avoiding the stress of perfection.

Make a budget. While the average American household spent nearly \$1,000 on holiday gifts

in 2017, it's important not to go overboard. Do your best to stick to a budget while still leaving a small amount extra for wiggle room; the holidays tend to bring out the generosity in us.

Come up with a plan. Spread out your errands, so you don't become overwhelmed with too many tasks at once, and don't forget to schedule some relaxation time!

Find the best time to shop. Malls are less crowded on weekdays and weeknights. If you can manage, try to go during the day and park farther away from the stores. Your time in the sunlight walking to or from your car can boost your serotonin levels. Practicing mindful activities while you wait in line can also help you stay calm among the holiday shopping chaos.

Be kind to yourself. All you can do is your best and your best is good enough. It's impossible to please everyone, but we are often our own harshest critics.

Keep in mind that the holidays are about spending time with loved ones, not gifts. Your friends and family will be happy to create memories with you, so don't worry about finding an expensive gift or if they will like it; they will appreciate your efforts and affection regardless of what you give them.

The holidays bring joy and happiness as well as frustration and stress. This holiday season, you may have many things to take care of, but the most important one is yourself.

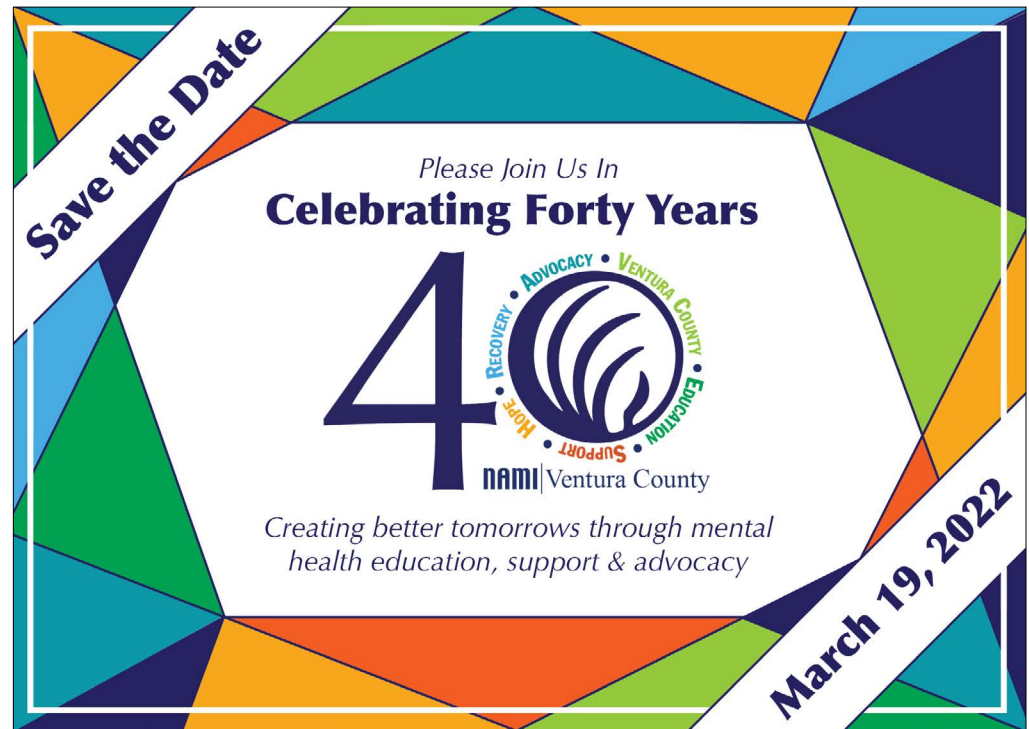
Jessica Maharaj, a Certified Nursing Assistant, earned a Bachelor of Science degree in Psychology with a second major in Biology and a concentration in Human Services from the University of Maryland, Baltimore County (UMBC). Jessica was the President of UMBC's campus chapter of NAMI during her undergraduate career.

Living in Recovery?

If you are living with a mental health condition, use that experience to help others!

Join the In Our Own Voice program and start busting stigma today!

Email:
Chris@namiventura.org



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.

ARE YOU  NNECTED?





NAMI
Ventura County
 namiventura
@namiventura

Register now at www.namiventura.org

School Programs

Ending the Silence for Students: An educational program to lessen stigma and raise awareness about mental illness. 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 1-hour 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 adults with 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! Join us as NAMIWalks Ventura County celebrates our 16th Anniversary in 2021. 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.

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



Regístrese ahora en www.namiventura.org

Familia a Familia Clase: Un curso educativo de 12 semanas para familias, parejas y amigos de personas que viven con una afección de salud mental impartido en español por familiares capacitados.

Familia y amigos seminario web: El Seminario de Familia y Amigos del Condado de NAMI Ventura es un programa de 4 horas (o 2.5 horas) diseñado para presentar la educación de salud mental basada en la evidencia y la experiencia con un enfoque en la empatía, la acción y la esperanza. Los líderes de seminarios capacitados tienen experiencia personal en el manejo de enfermedades mentales dentro de su propia familia inmediata. Ya sea que tenga un amigo cercano o un pariente que viva con una enfermedad mental o esté interesado en aprender a abordar las necesidades dentro de su comunidad, el seminario Familia y amigos es un excelente lugar para comenzar.

Cuidado entre la comunidad seminario web: El programa de 2 horas está diseñado para presentar evidencia y educación de salud mental basada en la experiencia con un enfoque en el bienestar, la recuperación y la esperanza. El tono de la presentación es casual. Los presentadores cubren la importancia de la salud y el bienestar mental, los diagnósticos y tratamientos comunes, las habilidades de autocuidado y comunicación, y presentan los recursos y programas de NAMI. El seminario web será impartido por un equipo de dos personas capacitadas. Tanto los miembros de la familia como los compañeros recibirán formación como facilitadores y aportarán a la presentación su experiencia personal para navegar por las enfermedades mentales y la recuperación.


En Nuestra Propia Voz: En Nuestra Propia Voz de NAMI es un programa de educación pública único en la cual dos oradores comparten impactantes historias personales derivadas de vivir con los retos de una enfermedad mental y de lograr recuperarse. El rango de audiencias incluye individuos que viven con una enfermedad mental, estudiantes de todas las edades, personal del orden público, miembros de comunidades religiosas, personal militar retirado y proveedores de servicios. Mientras el público se beneficia de historias inspiradoras y motivadoras, los presentadores tienen la posibilidad de aumentar la confianza en sí mismos y desarrollar habilidades.

Termina el Silencio: Poniendo fin al silencio para las familias: esta presentación está diseñada específicamente para adultos con jóvenes en edad de escuela intermedia o secundaria. La presentación incluye señales de advertencia, datos y estadísticas, cómo hablar con su hijo y cómo trabajar con el personal de la escuela.

Grupo de Apoyo: Este grupo gratuito (en español) ofrece apoyo a miembros de familia y amigos que se enfrentan con la preocupación, el estrés, y la sobrecarga emocional de cuidar

a una persona que tiene una enfermedad mental seria. Este grupo de apoyo es diseñado para compartir información sobre las enfermedades mentales de nuestros seres queridos, para aprender como cuidarse a si mismo y para encontrar servicios apropiados en la comunidad.

***Para obtener más información,
horarios y registro, vaya a
<https://namiventura.org/espanol/> o correo
electrónico info@namiventura.org.***



nami En Nuestra Propria Voz
National Alliance on Mental Illness

Martes, 30 de noviembre a las 6:30pm (en Zoom)

Hacer una reserva ahora en www.namiventura.org/registration-spanish/?source=enpv

¿De qué se trata el programa educativo para el público En Nuestra Propria Voz?

GRATIS!

Pero es necesario registrarse

Mayores de 16 años
bienvenidos

En Nuestra Propria Voz de NAMI es un programa de educación pública único en la cual oradores comparten impactantes historias personales derivadas de vivir con los retos de una enfermedad mental y de lograr recuperarse.

Mientras el público se beneficia de historias inspiradoras y motivadoras, los presentadores tienen la posibilidad de aumentar la confianza en sí mismos y desarrollar habilidades de liderazgo.

La presentación:

- Escuche a personas que han luchado con trastornos como depresión, esquizofrenia, trastorno bipolar y otras enfermedades mentales graves.
- Obtenga información sobre cómo las personas con enfermedades mentales graves se enfrentan a la realidad de sus trastornos mientras recuperan una vida productiva.

- Escuche prueba viviente de que la recuperación de una enfermedad mental es una realidad continua.
- Haga preguntas a los verdaderos expertos: los consumidores son los que “han estado allí”.

Perspectivas de los participantes:

“[En Nuestra Propria Voz de NAMI] es útil para que las personas entiendan lo REALES e INCAPACITANTES que son los síntomas. Muchos perciben a quienes viven con enfermedades mentales como personas manipuladoras y perezosas.”

“Aprendí mucho más acerca de las enfermedades mentales a través de estas personas generosas que de cualquier libro que he leído.”

El programa es gratuito, pero se requiere registro.

Hacer una reserva ahora en www.namiventura.org/registration-spanish/?source=enpv

¿Preguntas? Comuníquese con kimberly@namiventura.com o llámeme al numero 805-641-2426

Acerca de NAMI

NAMI, la Alianza Nacional de Enfermedades Mentales, es la organización más importante de salud mental con base comunitaria dedicada a mejorar las vidas de individuos y familias afectados por trastornos mentales. NAMI Ventura County es una organización filial de NAMI California. NAMI Ventura County y sus voluntarios, miembros, y dedicados líderes trabajan sin descanso para crear conciencia y proporcionar educación, defensa y programas de apoyo grupal para quienes viven con trastornos mentales y para sus seres queridos.

Ventura County

NAMI Ventura County

Correo: P.O. Box 1613 Camarillo, CA 93011-1613 **Oficina:** 555 Airport Way, Camarillo, CA 93010

Teléfono de recursos: 805-500-NAMI **Teléfono de oficina:** 805-641-2426 **Correo electrónico:** info@namiventura.org

Hecho posible a través de la Ley de Servicios de Salud Mental de California y el Departamento de Salud Mental del Condado de Ventura.

Upcoming Events

Register at www.namiventura.org

Family & Friends Webinar

Nov. 17 (6-8:30pm) via Zoom
Dec. 16 (6-8:30pm) via Zoom
Jan. 8 (2-4:30pm) via Zoom

Community Cares Webinar

Dec. 14 (6:30-8:30pm) via Zoom

In Our Own Voice

Nov. 30 (6:30-8pm) via Zoom

Family to Family Class

New Classes Starting January 2022.

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.

Próximos Eventos

Registrarse en
www.namiventura.org

Familia y amigos seminario web

17 de noviembre (6-8:30pm) en Zoom
16 de diciembre (6-8:30pm) en Zoom
8 de enero (2-4:30pm) en Zoom

Cuidado entre la comunidad seminario web

14 de diciembre (6:30-8:30pm) en Zoom

En Nuestra Propia Voz

30 de noviembre (6:30-8pm) en Zoom

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.

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

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.

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 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/



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: _____

First

Last

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*



End Stigma Promote Wellness

Education.

Support.

Advocacy.

Start Here.



Ventura County