



Spring 2022

nami TALKS Ventura County

From the
President
Page 2

Let's Go
NAMIWalk
Pages 6&7

Old Dogs
& New
Tricks
Page 3

Upcoming
Programs
Page 10

May Is Mental Health Awareness Month: Honor It By Joining NAMIWalks Your Way

Ezequiel Sanchez
NAMI VC Volunteer

At NAMI Ventura County there are few things we believe in more strongly than hope.

NAMI programs are entirely built on the foundation that hope is real for individuals and families living with mental illness. NAMI supporters, volunteers, and staff all strongly believe in promoting education and advocacy as a way to erase stigma surrounding mental illness.

By providing a multitude of education and support programs to individuals living with mental illness, their families and loved ones, community partners, and the general public; NAMI Ventura County hopes to instill and highlight that recovery is possible.

We provide programs to individuals living with mental

See **WALK**, Page 9



Simi Valley Police Department kicks off the First Responders for Mental Health Initiative by hosting a May the 4th Be With You coffee with a cop pop up event to raise funds for NAMIWalks Ventura County. Join Simi Valley PD at NAMIWalks on May 21st in Port Hueneme. Register and get more info at www.namiwalks.org/venturacounty.

Saturday, May 21, 2022

Save
the Date



namiWalks
YOUR WAY
Ventura County

Port Hueneme Beach
550 East Surfside Drive
Parking Lot B
Port Hueneme, CA 93041



NEW!

Donate Through Venmo!



venmo

Scan This Code To Donate!
or look for @namiventura
in your Venmo app

Advocacy In Action Means NAMIWalks, Informed Voting

It’s NAMIWalks time!

Please join us by donating, forming a team and coming out to walk with us in Port Hueneme on May 21st. This is our primary fundraiser and helps us not only continue to provide our signature classes and support programs for free, but also maintains our status as a premier advocacy group for mental health parity and services in Ventura County.

Your membership in NAMI Ventura County also brings in funds to expand and sustain our affiliate. Please update your membership information and contribute what you can (there are tiered memberships for everyone) on the website at www.namiventura.org

Advocacy is central to the NAMI mission and here in Ventura County we recently had significant influence in working with the Behavioral Health Advisory Board (BHAB). We co-sponsored an initiative to ask the County Board of Supervisors that an independent review of current practices and services in the county be conducted.

We are excited to say that the recommendation has become an action item and an independent contractor outside of the county will be hired to look at all aspects of mental health care and provide actionable feedback to the Board of Supervisors.

Our advocacy team includes Roberta Griego, NAMI VC executive director; Mary Haffner, a local attorney, former member of the BHAB and member of NAMI VC; Ratan Bhavani, former executive director of NAMI VC and BHAB member; Maya Lazos, a NAMI VC board member, and executive director of REACH of Port Hueneme; Jerry Harris, the past president of the BHAB and former LA County mental health director; and myself.

Another important aspect of advocacy is the way we cast our ballots. Each of us has a great opportunity to influence the leadership of Ventura County with upcoming elections. As a NAMI affiliate we are not able to endorse any one candidate, but we can encourage members to look at candidate’s positions on mental health related issues

and initiatives. Need some guidelines for that? You can find helpful resources at www.vote4mentalhealth.org/get-involved/

As always, I’d like to thank our board of directors, staff and volunteers who make such an impact in our community. Without their dedication we wouldn’t be celebrating 40 years as NAMI Ventura County!

See you at NAMIWalks!

Patti Pape, President
patricia@namiventura.org



STAFF

- Roberta Griego** *Executive Director*
- Chris Novak** *Program Administrator*
- Kimberly Quinn** *Program Coordinator*

BOARD OF DIRECTORS

- Patti Pape** *President*
- Jim Norris** *Vice President*
- Julia Dixon** *Treasurer*
- Shirley Brandon** *Secretary*
- Janine Ivy** *Director at Large*
- Maya Lazos** *Director at Large*

CONTACT

Office: 555 Airport Way, Suite F
Camarillo Ca 93010
Mail to: P.O. Box 1613
Camarillo, Ca 93011-1613

Resource Line: (805) 500-NAMI
Phone: (805) 641-2426
Fax: (805) 275-2188
Email: info@namiventura.org
Website: www.namiventura.org

2022 Memorial Donations

In Memory of:

Jan Jason
Reiko Osumi
Alan Klein

Patricia Russell
Kate & Rick Bridgman
Lyn Olson

Joshua Newstat
Jax Film
Rachel Newstat

Georgia Perry
Trudy Arriaga

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

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.

The Kids Are Alright

Kimberly Quinn
Program Coordinator

So, here’s a sobering fact. The oldest Millennials started turning 40 this year.

I know that, in part, because I love to tease my spouse about being part of a generation that is skewered in the media and has spawned so many memes. Next in line is Gen Z, the oldest of whom turn 24 this year. Gen Z actually now makes up the largest population in the United States.

These two generations are defined in large part by their relationship to technology. The oldest millennials will remember (sometimes even fondly) MySpace as world-changing social media. Most of Gen Z won’t ever remember a time before Facebook or Instagram was synonymous with connection.

As a Xennial (a very late Gen X’er), I often have curious moments as the generational middle child. I’m the one explaining Venmo to my Boomer in-laws while simultaneously wondering why my teenager is so invested in TikTok. In my work at NAMI, I’m often working on identifying barriers to our services as well as working on connecting to our communities and membership.

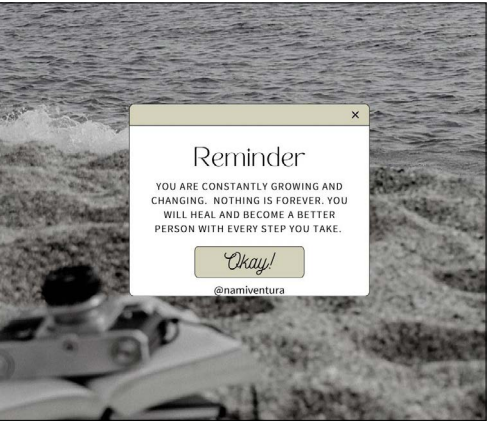
The generations we culturally think of as kids aren’t really kids anymore. Millennials and (some of) Gen Z are parents. They’re employees. They’re doctors and dentists and lawyers and school administrators. To put it bluntly: the kids are all grown up.

Accordingly, NAMI Ventura County is working hard to keep up with how the 40 and younger crowd connects. Part of that strategy has been working with eager and talented communications students from California State University Channel Islands.

Like their generational cohorts, these CSUCI students are taking on the topic of mental health head on.

The American Psychiatric Association released a report in 2019 saying Gen Z were more likely to have received treatment or gone to therapy (37%) compared to Millennials (35%), Gen X’ers (26%), Baby Boomers (22%), and the Silent Generation (15%).

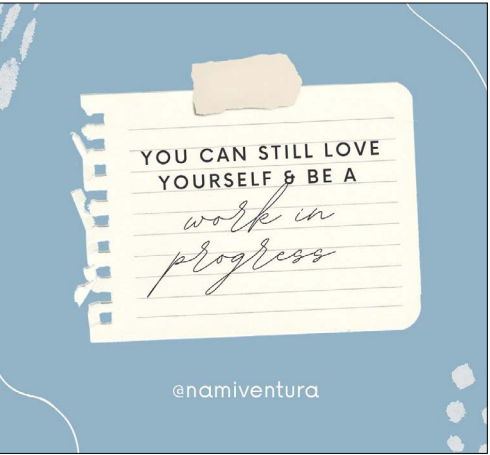
See MEDIA, Page 11



Thank You to CSUCI Students

Mirilee Tiger
Selena Paredes
Roger Rodriguez
Janelle Rodriguez

For a Job Well Done!



WHY WE WALK

To promote public awareness of mental health and reduce stigma

To raise funds for NAMI’s mission of advocacy, education and support

To build community and let people know they are not alone

NAMIWalks YOUR WAY

MENTAL HEALTH for all



2021 Impact Report



30% Increase in Total Individuals Served

286 IN Teams
Participants
Raised over \$107,000
during NAMI Walks 2021

LIVES TOUCHED IN 2021 BY
NAMI VC PROGRAMS

5,441

70 Volunteers donated
3,507 hours

10 High Schools & 4 Colleges

Utilized NAMI Ventura County programs including Ending the Silence, In Our Own Voice, and Community Cares to bust stigma, inspire, and educate students, staff, and families

1,186

Individuals Participated In
SUPPORT PROGRAMS
• Family Support Group • Grupo de Apoyo •
• NAMI Connections • Community Resource Line •

3,802

Individuals Participated In
ADVOCACY PROGRAMS
• Ending the Silence • In Our Own Voice • En Nuestra Propia Voz •
• FaithNet • Annual Holiday Party • NAMI Walks •
• Community Engagements •

453

Individuals Participated In
EDUCATION PROGRAMS
• Family to Family • Familia a Familia • Peer to Peer •
• Family & Friends • Familia y amigos •
• Community Cares • Cuidado entre la comunidad •
• Provider Education

The Mission

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

Celebrating Forty Years Of Creating Better Tomorrows
Through Mental Health Education, Support & Advocacy



NAMI Ventura County • PO Box 1613 • Camarillo, CA 93011-1613 • 805.641.2426 • www.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: _____

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



Support Ongoing Hope and Recovery

Kimberly Quinn
Program Coordinator

You might have heard me tell my story through an In Our Own Voice or Ending the Silence presentation. When I give those presentations, I don't usually talk about what NAMI Ventura County means to me personally. I was asked to tell my story of hope for the NAMIWalks kickoff and, for me, that means talking about how important NAMI Ventura County has been to my recovery.

To understand, I have to explain my rock bottom.

I felt like I had this experience that no one else could relate to.

In the four years following my suicide attempt, I lived through a revolving door of psychiatric hospitalizations, partial hospitalization programs, weekly (and sometimes daily) therapy, and constant appointments and check-ins with my psychiatrist. After nine psychiatric hospitalizations, years of therapy and medication, and building a new support system, I reached a place where I felt like my mental health was manageable. I didn't know at the time that it was called recovery.

Why We Walk

I was raised in a family that didn't believe in mental illness. My family viewed my depression, anxiety, and compulsions as a choice. I didn't get help. I got chastised. I was called melodramatic. As an adult, I stumbled into patterns of abuse that echoed my upbringing. Like so many who live with trauma, I learned to make myself small. I tried hard to blend into the background. I walked on eggshells trying not to make a stir.

By the summer of 2009, I had lost myself.

I was living in a fog of depression. It was overbearing and exhausting. I wasn't sleeping more than two hours a night. I wasn't eating. I wasn't showering. And I had no emotional reserves left. The only comfort I found was through self-harm.

My brain was constantly giving me pop up messages about suicide. In my mind, I was the barrier to happiness for everyone I loved. Without me, their lives would be easier. I remember clearly, calmly telling myself I had a choice. But, in my mind, the choice was clear.

Most of the side effects of my suicide attempt are completely invisible. For many years, I felt an outsider. Standing in a room full of people, I could look around and just I was different. I didn't belong.

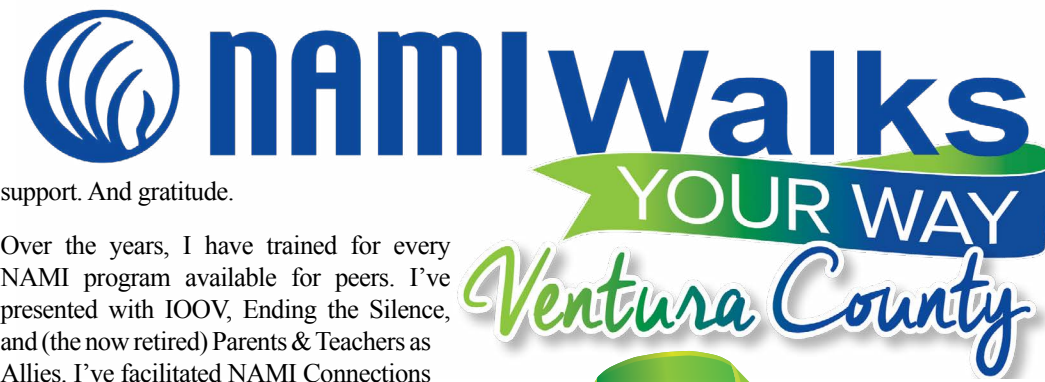
Being stable didn't give me a of belonging. It didn't give me purpose.

Over the years, I've been given a lot of credit for putting the pieces of my life back together. I've been described as resilient. Honestly, what I have been most blessed with is people who saw my potential. People who believed in me when I couldn't believe in myself.

NAMI Ventura County is no small part of that blessing. Like so many wonderful things in the universe, NAMI fell into my lap out of nowhere. My therapist at that time suggested that I needed to get out more. I didn't really appreciate that statement. So, in a rather petulant mood, I started googling trying to find a place to volunteer.

I had never heard of NAMI. I emailed my resume, and to my surprise, was sitting in the office just a few days later talking to staff about what I could bring to the table. I will never forget Ratan, who was the executive director at the time, asking me if I could attend a training that weekend. He thought I would be a good addition to the In Our Own Voice program.

I actually really enjoy public speaking but I sat in my car before my first presentation with my hands shaking. I didn't know what to expect from the audience. What I got was unconditional



support. And gratitude.

Over the years, I have trained for every NAMI program available for peers. I've presented with IOOV, Ending the Silence, and (the now retired) Parents & Teachers as Allies. I've facilitated NAMI Connections Support Group. And I've taught Peer to Peer, Community Cares, and Provider Education.

One thing always happens. After my presentation, someone will come up to me and tell me that they've experienced what I've experienced. They've felt alone. And they leave the room knowing they are not an outsider. That is hope.

Several years ago, I was giving an Ending the Silence presentation at a high school. After I finished, a young girl approached and asked to speak with me privately. We stepped outside the classroom and this teenager told me, in the softest voice possible, that she was thinking of hurting herself. Working with her teacher, we immediately got that girl the support and help she desperately needed. That is hope.

When I came on staff in 2019, I was excited. But also terrified and more than a little overwhelmed. It was my first fulltime job since getting sick. But I didn't have to worry. I've been supported and celebrated every step of the way. In 2020, I was asked to build a new program for NAMI Ventura County. To date, over 400 people have taken our Community Cares workshop. I have had the privilege of seeing that program break down stigma and start important conversations. That is hope.

What I experience most often at NAMI Ventura County is love. I see parents supporting their children. Spouses learning how to communicate. Teenagers figuring out how to make their world a better place.

NAMI Ventura County means hope.

Please join the movement to #StompOutStigma and join us for NAMIWalks Your Way 2022. Get all the information and register at www.namiwalks.org/venturacounty.



Walk from page 1

illness. Support groups and classes are taught by volunteers with lived experience. The Peer to Peer class teaches recovery concepts and general information regarding mental illness.

Families also have their own support groups to be able to express themselves in a safe space. Families share their own struggles supporting a loved one with mental illness. We have a class called Family to Family where we take a deep dive into how to learn about our loved ones mental illnesses and learn strategies to help cope as well as ways to break stigma and find helpful resources.

NAMI also works with Crisis Intervention Training (CIT) for our law enforcement officers so they can be better prepared and equipped to deescalate any situations that may occur when someone experiences a mental health crisis. We teach our Provider Education course to community partners so they can receive Continuing Education Units as well as get a refresher on how to better serve the individuals they work with.

Another program NAMI Ventura County

How To Participate In NAMIWalks Your Way

01

Register as a Team Captain or Individual Walker at www.namiwalks.org/ventura-county

02

Reach out to family & friends and ask them to donate to your NAMIWalks team!

03

Join NAMIWalks Your Way at Port Hueneme Beach on May 21st OR Host your own NAMIWalks event!

offers is Community Cares. This program, designed by NAMI Ventura County, helps the community be more aware of mental illness, stigma, and wellness. Participants learn early warning signs and basic knowledge on topics surrounding mental illness.

NAMI Ventura County also provides workshops for parents, teachers, and students in middle and high school through our Ending the Silence and in Our Own Voice presentations. We highlight the importance of being able to speak out about mental illness and how to break stigma surrounding it and be able to ask for help. In Our Own Voice presentations are facilitated by an individual living in recovery. These powerful presenters share their story and experiences with mental illness demonstrating how recovery is possible.

All of these programs are provided free of cost and many are offered in Spanish as well. NAMI Ventura County prides itself in the hard work the community provides through its staff, board of directors, volunteers, and contributions from people like you.



One of NAMI Ventura County's largest fundraisers is our annual NAMIWalks. It is a day in which we, as a community, gather together and walk along the beach to raise awareness. Fundraising by NAMIWalkers helps ensure all of the programs we offer throughout the year are free of charge. Your tax deductible donation can help continue to fund NAMI Ventura County to provide resources and courses to the public.

Thank you for NAMIWalking in 2022.



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.

ARE YOU CONNECTED?



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.

NAMI Ventura County

Teaches Empowers

Teaches Empowers

Teaches Empowers

Teaches Empowers

FREE

Students Peers & Families Providers Communities

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.

Do You Have A Mental Health Story To Tell?

If you are living with a mental health condition, NAMI Ventura County can help you use your experience to help others!

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

Email: Chris@namiventura.org

¿Tienes un cuento sobre salud mental para decir?

Si usted vive con una condición de salud mental NAMI Ventura County puede ayudarte con cómo usar su experiencia para ayudar a otros!

Unese al programa En Nuestra Propia Voz y ayuda a derrotar la estigma hoy!

Correo: Chris@namiventura.org

Upcoming Events

Register at www.namiventura.org

NAMI Walks Your Way
Ventura County
May 21 (10am)
Port Hueneme Beach

Peer to Peer Class
Starting May 26th
Zoom, 8 weeks, 4-6pm

Family to Family Class
New Class Starting in June

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

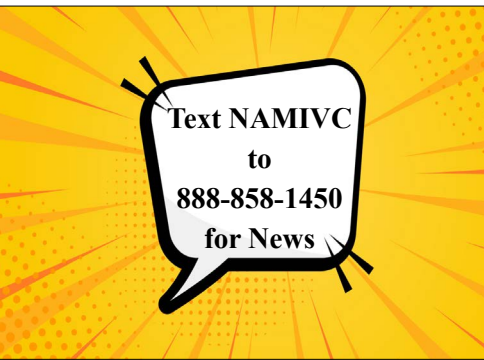
Registrarse en
www.namiventura.org

Familia y amigos seminario web
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.



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/

Meeting materials will be posted (www.vcbh.org/en/behavioral-health-advisory-board-meetings) and sent by email.

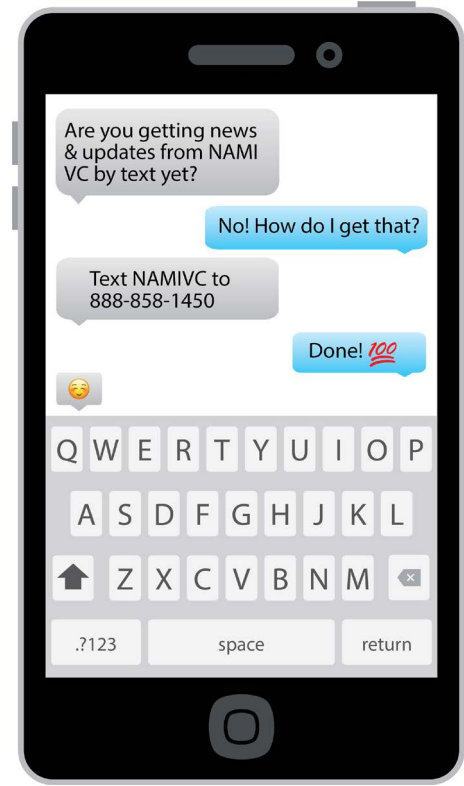
The mission of the BHAB is to advocate for community members living with mental illness and/or substance use disorders and their families. This is accomplished through support, review, and evaluation of treatment services provided and/or coordinated through the Ventura County Behavioral Health Department.

Social Media from page 3

Gen Z were more likely to report their mental health as fair or poor (27%), compared to their older counterpart generations, namely Millennials (15%) and Gen X (13%).

The reason for this trend of increasing use of mental health services and reporting mental health being poor is likely threefold:

- Gen Z has a whole new and different variety of stressors, leading to increased psychological concerns and more need for services for mental health.
- Awareness of mental health issues has grown, so that what once might have been ignored is recognized as a problem and treated as such.
- Stigma around using mental health services has lessened, making it more likely that Gen Z will identify their own issues and seek help when they feel they have a mental health



problem that can be treated.

Our CSUCI students have been creating amazing posts for Facebook, Instagram and Twitter. Additionally, they've been instrumental in setting up texting services so NAMI VC can send news and updates out to subscribers. You can join that list by texting NAMI VC to 888-858-1450.

While age isn't everything, NAMI VC has recognized that keeping up with how younger generations communicate and connect is incredibly important. We hope you will follow our social media platforms and subscribe to the new texting service.

Do you have ideas or suggestions on how NAMI VC can connect with younger generations? We want to hear them! Email your ideas to kimberly@namiventura.org.





**NAMI Ventura County's
Community Resource Line**
is available

Mon-Fri 9am-5pm
805-500-NAMI

Saturday, May 21, 2022

Save the Date



namiWalks

YOUR WAY

Ventura County

Port Hueneme Beach
550 East Surfside Drive
Parking Lot B
Port Hueneme, CA 93041

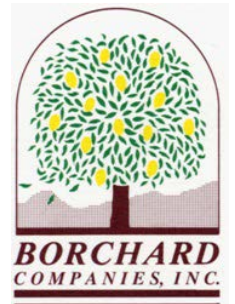


LESSEM NEWSTAT
& TOOSON, LLP

 **State Farm**TM
Brandon Insurance Agency, Inc.



Gold Coast
Health PlanSM
A Public Entity



Women's
Auxiliary 101



Sponsor Spotlight



CASA PACIFICA
CENTERS FOR CHILDREN & FAMILIES
Providing Hope & Help


LA VENTANA
THOUSAND OAKS | SANTA MONICA | AGOURA HILLS
MENTAL HEALTH | DETOX | SUBSTANCE USE



WOOD LAW
— WILLS & TRUSTS —


Diana Skocypec
A Tax Lady for All Seasons


FAMILY FOUNDATION, INC.


Ernie
& Roberta
Griego