



Winter 2023

nami TALKS Ventura County

From the
President
Page 2

Introducing
New Staff
Page 3

Heart to
Home
Expanding
Page 6

2022 Impact
Report
Page 7

The Big NAMIWalks 2023 Announcement Building Committees, Support & Mental Health for All

By Roberta Griego
Executive Director

It's time. Let's talk about NAMIWalks.

NAMI Ventura County has a long-held tradition of bringing you NAMIWalks during May, which is Mental Health Awareness Month. This year, we are electing to host NAMIWalks in October.

Why the change?

There are a number of reasons why we are opting for an autumn NAMIWalks. This was not an easy choice. Our staff and board of directors put in hours of research, thought and discussion before making the final decision.

One of the biggest factors is the California Strawberry Festival. While we are all excited to see the festival return bigger and better after an extended Covid hiatus, the event is scheduled for the weekend of May 20th. We know NAMI VC supporters are an amazing force to be reckoned with but do not intend to compete with this tasty celebration. Instead, we encourage all our NAMI friends, volunteers and supporters to enjoy the return of this well-loved local tradition.

What About Mental Health Awareness Month?

Mental Health Awareness Month is incredibly important. It is always a busy time for NAMI VC. Did you know NAMI VC has just three full time staffers who keep all our programs, outreach and communications, special events, and advocacy activities running smoothly?

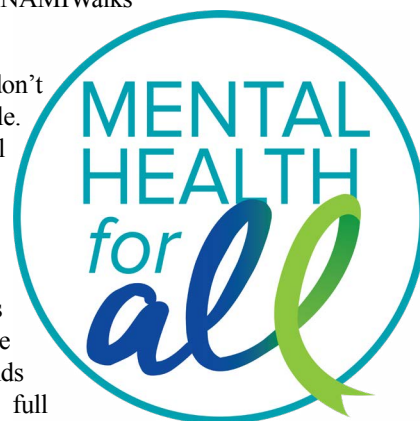
During May, because of widespread focus on mental health, requests for resources and presentations increase dramatically. We are not complaining. In fact, our goal is to honor and accommodate every request. Historically, it has been extremely challenging for our staff to manage those requests and NAMIWalks simultaneously.

The fact is, we don't want to juggle. We want Mental Health Month to be our primary focus in May. Planning and executing NAMIWalks is also a massive project that demands and deserves our full attention.

Here is the official announcement. NAMI Ventura County will hold NAMIWalks 2023 on Saturday, Oct. 7th. That gives all of us, from NAMI VC staff to walk teams and sponsors, a healthy amount of time to plan, fundraise and cultivate support.

Mental Illness Awareness Week kicks off Monday, October 3rd. We hope you will join NAMI Ventura County in spreading awareness, hope and the message that Mental Health is for All.

See *NAMIWalks*, Page 11



 **nami**Walks
Ventura County
A UNITED DAY OF HOPE
SATURDAY, OCT. 7, 2023

President's Message

Shaping NAMI VC 2023 And Beyond

And so another year begins!

At NAMI Ventura County we are entering 2023 with renewed energy as we emerge from the COVID bubble. We will be offering support groups and classes in-person in select locations.

We also are looking forward to holding NAMIWalks 2023 in person again and connecting with the community at various events throughout the county.

Your Board of Directors has set goals to continue to work with the elected representatives of the County Board of Supervisors, the Sheriff's Department, and the leadership of Ventura County Behavioral Health to support mental health initiatives and improve the systems and processes of these entities.

The Board has also set goals to prioritize fundraising, aligning with the mission of NAMI, to create a better tomorrow—a tomorrow where all people affected by mental illness can experience hope, recovery and wellness in a world free of stigma.

When you make a financial contribution to NAMI Ventura County, you help us make that tomorrow a reality. You help ensure that no individual or family is alone on their mental



health journey.

We are eager to expand our volunteer base, and exciting news will be coming out soon in that arena.

Thank you for your continued support of NAMI Ventura County. Feel free to contact me directly with questions, concerns or ideas that can strengthen our NAMI community and expand our reach.

Patricia Pape
President, NAMI Ventura County



STAFF

Roberta Griego *Executive Director*

Chris Novak *Program Administrator*

Kimberly Quinn *Program Coordinator*

Arcelia Martinez *Volunteer Coordinator*

BOARD OF DIRECTORS

Patti Pape *President*

Jim Norris *Vice President*

Julia Dixon *Treasurer*

Shirley Brandon *Secretary*

Janine Ivy *Director at Large*

Mark Stadler *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

Our 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.

JOIN THE SUPER SQUAD TODAY

Mental Health

HEROES

HEROES CHANGE LIVES

Your monthly donation keeps NAMI VC programs 100% free to participants
Become a Mental Health Hero today at www.namiventura.org/mental-health-hero/



Tributes

In Memory Of:

Neal Andrews

Deborah Schreiber

Denise Dangerfield

Reiko Osumi

Tracy Kim Ember-Tapia

Susan & Joel Godfrey

Karen Guccione

Eric Pape

Ray & Anne Higgins

Georgia Perry

Dennis Perry

Denise Abdun-Nur

Eva Lorena Sanchez

Vincent & Kimberly Colvin

Jeanne Shields

Reiko Osumi

R.J. Skocypec

Meryl Lavine

William Forman Young

Jill Forman

In Honor Of:

Daniel Fitzpatrick

Kenneth & Janice Fitzpatrick

Laura Shore

Marvin & Gayle Johnson

Dr. Patti Yoshida

Elizabeth Bachman

Arcelia Martinez Bringing New Voice to NAMI VC

NAMI Ventura County is excited to welcome our newest staff member, Arcelia Martinez. Arcelia will take on the role of Volunteer Coordinator in early April.

Arcelia is an advocate and filmmaker who focuses on bringing stories to life that demystify and humanize the Mexican-American experience. Her work gives audience



Arcelia Martinez

members the opportunity to see themselves and feel a little more understood. Arcelia infuses storytelling with social issues from first-hand and shared experiences on topics like mental health, domestic abuse, bullying, self-esteem, and challenges faced by women. She prefers to blend serious topics with a twist of comedy to keep things palatable.

Mental Health played a starring role in Arcelia's most recent venture, The Esperanza Project. The project culminated in the creation of a short documentary film telling stories of young Latinas overcoming mental health challenges. The Esperanza Project also featured monthly art and discussion workshops for youth as well as quarterly forums designed to inspire broader conversations around mental health challenges, needs, and resources, particularly within Ventura County Mexican-American communities.

See *Welcome*, Page 4



GENERAL MEETING



About De-Escalating: Critical Tools for Healthy Communication

Speaker:
Mark Stadler

Wednesday, April 19
6:30pm
Zoom

This event is free but advance registration is required
Register at: <https://bit.ly/NAMIVC2023>



Honor A Loved One

Memorial Donations can be made to NAMI Ventura County through trusts, payroll deductions, Paypal, check, credit card, and Venmo. For more information, please call 805-641-2426 or visit www.namiventura.org

New Addition: Mark Stadler Joins NAMI VC

Mark Stadler has been appointed to the NAMI Ventura County Board of Directors.

“We are excited to announce Mark’s appointment to the board,” said board president Patricia Pape. “Mark is an expert in advocacy and brings extensive experience navigating mental health systems within Ventura County.”

Stadler is the Crisis Intervention Team Senior Program Administrator at Ventura County Sheriff’s Office. He has been dedicated to the Crisis Intervention Training program since introducing it to Ventura County in 2001. He started his career in law enforcement as an officer with the Santa Barbara Police Department in 1987.

“NAMI has been a strong supporter of law enforcement. For the last 22 years, I’ve been involved with the CIT program. NAMI has been our partner from the very beginning,” he said. “Our success has to do with community partnerships and NAMI has been our supporter since the very beginning.”

Stadler has long been witness to NAMI Ventura County’s 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.

“NAMI is an amazing resource for families who, all of a sudden, get a major change in their life when they find out they or a loved one has mental illness and there’s no instruction book that comes with it,” Stadler said. “You’ve got to figure out the system and how to navigate it. The best way to do that is have a local partner who can help you through it.”

The NAMI Ventura County 2023 Board of Directors includes Patricia Pape, President; James Norris, Vice President; Julia Dixon, Treasurer; Shirley Brandon, Secretary; Janine Ivy, Director at Large; and Mark Stadler, Director at Large. Individuals interested in joining the board can contact Roberta Greigo, Executive Director, at roberta@namiventura.org.

Welcome from page 3

That experience opened her eyes to the stark need for resources dedicated to local youth and their families. She is elated to partner with NAMI as the Volunteer Coordinator to help engage community members in NAMI’s mission to bring stigma-free support, education and advocacy to all individuals and communities effected by mental illness.

Arcelia holds a Bachelor of Arts in Cinema, Television, and Arts from the California State University of Northridge and a few Associate degrees: Film and Television Production (Oxnard College), Social and Behavioral Health (Ventura College), and Information Technology-Multimedia (ITT Tech).

In her downtime she might be out exploring with her dog, on adventures with friends, dancing the night away, or practicing what she preaches by focusing on self-care.

What Mental Health Topics Interest You?

What would you like to learn about during a general meeting?
Email your suggestion to
Kimberly@namiventura.org

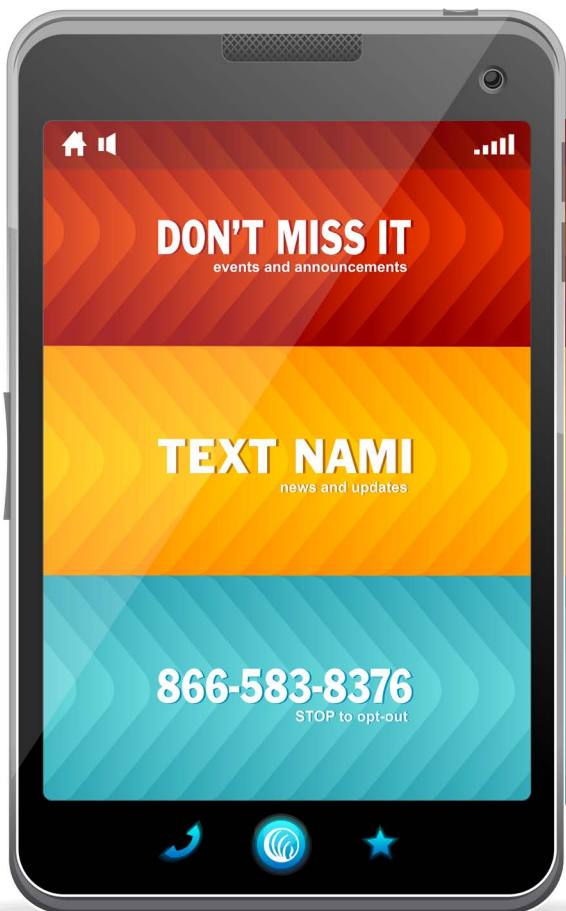


NEW! Donate Through Venmo!



venmo

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



Text NAMI
to 866-583-8376 to receive news and
updates from NAMI Ventura County.
Opt out at any time.

Message & Data rates may apply. Frequency may vary. STOP to opt-out. For terms and conditions, visit our website: 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*

The More, The Merrier: Expanding Heart To Home Holidays

By Kimberly Quinn
Community Education &
Communications Specialist

It's just too much fun. Really.

In December, after spending the day delivering Heart to Home holiday parties, meals, and gifts, I caught a ride back to the Camarillo office with executive director Roberta Griego and board president Patti Pape. Exhausted but still buzzing with the day's contagious cheer, I settled into the backseat.

Then Patti turned to me wearing a sly smile.

"So, don't kill us, but Roberta and I think it would be fun to do more events."

Spoiler alert: no one got killed. Not even a little. I was eager to take on the challenge.

And so, without much fanfare, the annual holiday party (now called Heart to Home Holidays) has been expanded into a program including multiple events celebrating holidays and spreading joy throughout the year.

NAMI Ventura County's annual holiday party has long been, without any doubt, a community favorite.

How could it not be? The holiday party creates an incredible cascade of cheer every single year. The smiles start as soon as staff begin planning. Volunteers beam while wrapping presents and stuffing gift bags. And there is nothing quite like seeing the joy those treats inspire on delivery day.

During the Covid-19 pandemic, NAMI Ventura County staff were determined to continue this very special tradition. Gears shifted and a deliverable party, complete with holiday meals and gift bags, became the new tradition.

While some miss the in-person holiday party, post-pandemic NAMI Ventura County has opted to keep the new version. Why? Well, delivering to our guests means more individuals are included.

When we were doing this party in person, NAMI VC served about 400 people a year, give or take. That included staff from outside agencies and family members but excluded a

See *Heart*, Page 10

Thank You!

NAMI Ventura County's Heart to Home Holidays event was a huge success thanks to an army of amazing volunteers and donors.

19
Locations
Served

Delivered:

431
Gift Bags

367
Holiday Meals

16
Custom Parties

**WINTER
HOLIDAYS
2022**



We Couldn't Have Done It Without You!

• Fran Cogswell • Brooke Moore • Claire Winch • Kim Winch • Wayne Winch • Trish McCready • Brian Heath • VCFD Crew 11 • Krystal Lopez •
• Sonia Castaneda • Josie Balderrama • Patti Pape • Ezequiel Sanchez • Mebe Holmbe • Jeff Holmbe • Kathleen Pestrella • Mary Curt •
• Carmen McLevin • Jim Norris • Shirley Brandon • Jerry Brandon • Ernie Griego • Mark Chavez • Steve Cruz • Sally Kosoff • Maya Zumaya •
• Amiee Lindsay • John Schipper • Eli Smith • Leslie Webb • Joelle Vessels • Diane & Howard Sall • Diane Roedersheimer • Daniel & Susan Kane •
• William & Carol Erlinger • Kate & Rick Bridgman • Susan Johnson • Dori Boyer • Jill Forman • Susana Samick • Patricia Hemann •
• Martin & Carole Brownstein • Nancy & John Borchard • Barbara Leighton • Gordon Clint • Pam Roach • Gretchen Bradvica • Jane Sheehan •
• Judy Carney • Ratan & Nina Bhavnani • Jamie Harvey • Lynn Bullock • Salvation Army • Kia & Kathi Northrop • Sabrena & Lola Rodriguez •

You Bring The Heart

(NAMI VC just delivers it)

NAMI VC's Heart to Home Holidays delivered a lot of love on Valentine's Day!
Thank you for supporting this series!

**FEBRUARY
2023
VALENTINE'S DAY**

18
Locations
Served

Delivered:
398 Mini
Gratitude
Kits



We're Grateful For You!

• Julie Hernandez • Christine Hogan • Jill Forman • Janine Ivy • Shirley Brandon • Patti Pape •
• Diane Sall • Jane Bell • Krystal Lopez • Leticia Lopez • Sonia Castaneda • Josie Balderrama • Eli Smith •

2022 IMPACT

5,117

LIVES TOUCHED IN 2022 BY NAMI VC PROGRAMS

22% INCREASE

in usage of NAMI VC programs since Covid-19 Pandemic began in 2020

133

Individuals Served

EDUCATION PROGRAMS

- Family to Family • Familia a Familia • Peer to Peer •
- Family & Friends • Community Cares •

189

VOLUNTEERS DONATED

3,229

HOURS

NATIONAL SPOTLIGHT

NAMI VC introduces the Community Cares Workshop at the NAMI National Executive Directors Leadership Conference

1,112

Individuals Served

SUPPORT PROGRAMS

- Family Support Group • NAMI Connections •
- Community Resource Line •

HYBRID

PROGRAMMING

Moving with the changing world, NAMI VC has continues Zoom programming while adding In-Person programs

3,872

Individuals Served

ADVOCACY PROGRAMS

- Ending the Silence • In Our Own Voice •
- General Meetings • Community Presentations •
- Resource Events • FaithNet •
- NAMIWalks • Heart to Home Holidays •

19 & 431

LOCATIONS

INDIVIDUALS SERVED

Through the Heart to Home Holidays event bringing holiday meals, gift, parties and cheer to care facilities

63

TEAMS

Participated in the return of in-person NAMIWalks events

1,374

HIGH SCHOOL STUDENTS

Participated in a stigma-busting Ending the Silence or In Our Own Voice presentation

NAMITalking

2 MEMBER NEWSLETTERS

27 EMAIL NEWS

234 SOCIAL POSTS

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

NAMI Ventura County • PO Box 1613 • Camarillo, CA 93011-1613 • 805.641.2426 • www.namiventura.org

NAMI VENTURA COUNTY PROGRAMS 2023

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

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 SUPPORT GROUPS

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

PEER PROGRAMS

PEER TO PEER CLASS

An 8-week education class for adults living 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 with mental health conditions.

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.

ANNUAL EVENTS

NAMIWALKS 2023

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.

HEART TO HOME HOLIDAY SERIES

A festive and popular NAMI Ventura County tradition expanding in 2023 to three events. For each event, individuals living in board and care facilities receive fun and festive treats. The winter celebration includes a curated party along with a delicious dinner and gift bag. Other seasonal events for 2023 include mini gratitude kits for Valentines Day and a celebration of National Popsicle Day.

STIGMA BUSTING PROGRAMS

COMMUNITY CARES WORKSHOP

A 2-hour workshop for all community members looking to learn more about mental health. The workshop focuses on breaking down stigma and building foundations 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, where two speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who live with mental illness to gain confidence and to share their individual experiences of recovery. *En español como: En Nuestra Propia Voz.*

COMMUNITY RESOURCES

GENERAL MEETINGS

Education and advocacy meetings are free and open to anyone interested in learning about mental health. Guest speakers address a wide range of topics.

COMMUNITY RESOURCE LINE

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

COMMUNITY PRESENTATIONS

Designed for your business or organization, these presentations focus on mental health, stigma and everything that NAMI Ventura County offers in the community.

NAMI FAITHNET

FaithNet is an interfaith resource network for faith communities wanting to welcome and support persons and families living with mental illness. NAMI staff work with faith leadership to fit NAMI programs to the needs in any faith community.

**PROGRAM CALENDAR AND
REGISTRATION AVAILABLE AT
WWW.NAMIVENTURA.ORG**

SCHOOL PROGRAMS

ENDING THE SILENCE FOR STUDENTS

A 60-minute 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

A 90-minute 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. It includes a storytelling segment from a lived-experience speaker.

ENDING THE SILENCE FOR FAMILIES

This 90-minute 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. It includes a storytelling segment from a lived-experience speaker.

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 in partnership with NAMI Ventura County.

TO SCHEDULE A PROGRAM FOR YOUR ORGANIZATION, PLEASE CONTACT:

CHRIS@NAMIVENTURA.ORG OR KIMBERLY@NAMIVENTURA.ORG

TEXT NAMI TO 866-583-8376 TO RECEIVE NAMI VENTURA COUNTY NEWS



NAMI VENTURA COUNTY PROGRAMAS DE 2023

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

ROMPIENDO EL ESTIGMA

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 inglés 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.

RECURSOS DE LA COMUNIDAD

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.

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.

NAMI FAITHNET

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.

PROGRAMAS FAMILIARES

A FAMILIA DE 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.

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.

EVENTOS ANUALES

NAMIWALKS 2023

¡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.

FIESTA DE CORAZÓN A CASA

Una tradición festiva y popular del condado de NAMI Ventura que se expandirá en 2023 a tres eventos. Para cada evento, las personas que viven en las instalaciones de alojamiento y cuidado reciben obsequios divertidos y festivos. La celebración de invierno incluye una fiesta curada junto con una deliciosa cena y una bolsa de regalo. Otros eventos de temporada para 2023 incluyen mini kits de agradecimiento para el Día de San Valentín y una celebración del Día Nacional de las paletas heladas.

PARA PROGRAMAR UN PROGRAMA PARA SU ORGANIZACIÓN, COMUNÍQUESE CON:
KIMBERLY@NAMIVENTURA.ORG

ENVÍE UN MENSAJE DE TEXTO CON NAMI
AL **866-583-8376** PARA RECIBIR NOTICIAS
SOBRE NAMI VENTURA COUNTY

**CALENDARIO Y
REGISTRARSE EN
WWW.NAMIVENTURA.ORG**

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 mejorará su conocimiento al escuchar los desafíos y triunfos de otros.

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.

TES/ PARA PERSONAL ESCOLAR

Una presentación educativa diseñada para informar a los educadores y administradores escolares sobre la salud mental de los estudiantes.

TES/ 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.

Upcoming Events

Register at www.namiventura.org

NAMIWalks 2023

NAMIWalks 2023 Kickoff

Saturday, May 6

Location & Time TBD

NAMIWalks 2023 Kickoff

Saturday, Oct. 7

Location & Time TBD

General Meeting

About De-Escalation:

Critical Tools for Healthy Communication

Speaker: Mark Stadler

Wednesday, April 19 (6:30pm/Zoom)

Community Cares Workshop

Wednesday, March 29

Zoom/6:30-8:30pm

Tuesday, April 25

Zoom/6:30-8:30pm

Family Support Groups

Monday Evenings In-Person

1st & 3rd Mondays/6:30-8pm

Encounter Church Ventura, Room 302

Tuesday Evenings on Zoom

2nd & 4th Tuesdays/6:30-8pm

FaithNet Family Support Group

1st Wednesday/6:30-8pm

First Presbyterian Church of Santa Paula

Please visit namiventura.org for the full schedule and registration.

NAMI Connections Support Group

Wednesday Evenings on Zoom

1st & 3rd Wednesdays/6:30-8pm

Please visit namiventura.org for the full schedule and registration.

Family to Family Class

Next class starts:

Wednesday, April 12 (8 weeks)

Peer to Peer Class

Pre-register for classes starting Spring 2023

Próximos Eventos

Registrarse en
www.namiventura.org

When You
Contact
988

You don't
have to say

**Who you are or
Where you are.**



You will get
support from a
trained **Crisis
Counselor.**

Call or text 988,
or chat
988Lifeline.org

There is Hope.



988 SUICIDE & CRISIS
LIFELINE

Heart from page 6

large number of board and care residents who couldn't attend.

With Heart to Home delivery, NAMI VC is now serving well over 400 individuals, all consumers living in residential facilities. The goal has always been to serve consumers and this approach accomplishes it effectively.

The new events rounding out the Heart to Home calendar in 2023 include Valentine's Day in February, National Popsicle Day in August, and the winter holidays in December. A fourth event, for facility staff appreciation, is under consideration.

For Valentine's Day, individuals received mini-gratitude kits including journals, affirmation

cards, gratitude self-care information, candy, and inspirational pens. Residents were surprised and thrilled to see us.

I think we all know how nice it is to be remembered, especially when we least expect it. Heart to Home deliveries are more than simply handing out goodies. Those treats are delivered with smiles and care and received with gratitude.

This exciting expansion has been supported by a number of donors and volunteers. There is still room for support. If your business or organization would like to sponsor Heart to Home Holidays, please email kimberly@namiventura.org.

ARE YOU CONNECTED?



NAMI
Ventura County



[namiventura](https://www.instagram.com/namiventura)



[@namiventura](https://twitter.com/namiventura)



You Can Help Now

Just because we will be lacing up our sneakers in October doesn't mean we can rest on our laurels now.

In fact, we will kick off the NAMIWalks 2023 season with an event on Saturday, May 6th. More details about the kickoff will be released soon.

But, for now, mark both dates on your calendar.

Right now we need individuals to volunteer for NAMIWalks planning committees. Bring your talents to our table and help create the most successful NAMIWalks that NAMI Ventura County has ever seen.

You can read the committee descriptions below.

Click here to let us know you're interested or you can email Roberta@namiventura.org.

Thank you for your continued support of NAMI Ventura County and the NAMIWalks program. Together we are building a stigma-free future.

Happy NAMIWalking!

Which NAMIWalks 2023 Committee Will You Choose?

Event Chair

This volunteer leader works closely alongside the local NAMIWalks Walk Manager to serve as the face and voice for NAMIWalks within the community. This person will also lead and empower the committee throughout the NAMIWalks season.

Logistics Committee

The Logistics Committee will coordinate and provide a safe, comfortable and seamless experience for all NAMIWalks participants. This committee will help secure logistics for the NAMIWalks event, as well as Cultivation Events.

Marketing & Public Relations Committee

The Marketing and Public Relations committee will create, develop and implement a publicity and marketing strategy to raise awareness and community participation for NAMIWalks.



Sponsorship Committee

The Sponsorship Committee will cultivate, strengthen and retain relationships with past sponsors, in addition to prospecting, engaging and recruiting new sponsors. The focus of this role is to steward and obtain local monetary and in-kind sponsorships for NAMIWalks. This volunteer leader will implement a sponsorship engagement plan to ensure duplicate solicitation does not occur. Templates and messaging will be provided by the local NAMIWalks Walk Manager.

Team Recruitment & Retention Chair & Committee

The Team Recruitment Committee plays a crucial role in creating awareness of NAMIWalks within the community and the overall success of the event through recruitment efforts. This volunteer leader will work to prospect, engage and recruit new teams, with an emphasis on corporate, youth and community-based teams.

Contact

Roberta@namiventura.org

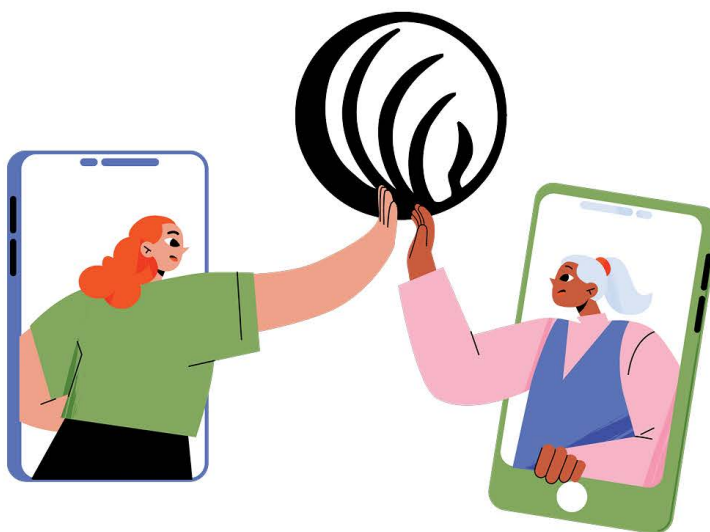
To

Join A Committee

or

Get More Information

**You're Only Ever
One Phone Call
Away From A
Good Listener &
Local Resources**



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

Monday-Friday | 9am-5pm

805-500-NAMI

Be Someone's Hero.

**Support.
Education.
Advocacy.**

Donate Now.

www.namiventura.org

