



Spring 2023

NAMI TALKS Ventura County

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Endings Mark Exciting New Beginnings Saying Thank You After Two Decades Is No Small Task

There's a big change coming at NAMI Ventura County. At the end of this month, NAMI VC will bid farewell to our veteran Program Administrator.

On June 30th, Chris Novak will embark on a big new adventure: retirement. So, on June 29th, NAMI Ventura County is inviting our membership, volunteers, and the public to celebrate Chris's career and achievements.

During the Open House, starting at 4:30pm at the NAMI Office, we invite all to share their most cherished stories about working with Chris and NAMI Ventura County. A program will start at 6pm.

To get the celebration started, the current staff shared their appreciation and favorite moments.

"How do you even start to talk about a person like Chris Novak? Chris has worked tirelessly and selflessly for almost two decades – quietly and usually behind the scenes – fulfilling this organization's mission. Chris has been the keeper of NAMI Ventura County's

Chris Novak's
Retirement Celebration

Thursday, June 29

Open House 4:30pm | Program 6pm

NAMI Ventura County Office
555 Airport Way, Ste F, Camarillo

history and is truly irreplaceable. We've come to the time to pass the baton and I want Chris to know how deeply she is appreciated. I hope in her retirement, she finds joy in spending time with her family – especially her three beautiful grandchildren." – **Roberta Griego, Executive Director**

See *Chris*, Page 4



Join Us

RETIREMENT CELEBRATION
TO HONOR 17 YEARS OF
HARD WORK AND SERVICE BY

CHRIS NOVAK

THURSDAY, JUNE 29
OPEN HOUSE 4:30-7PM | PROGRAM 6PM

NAMI VENTURA COUNTY OFFICES
555 AIRPORT WAY, STE F, CAMARILLO

Donate Through Venmo!



venmo

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

President's Message

Shaping NAMI VC 2023 And Beyond

It's hard to believe that we're already halfway through 2023. As Gretchen Rubin said, "The days are long, but the years are short." In the first six months of this year, we here at NAMI Ventura County have been focusing on how to make those long days and short years impactful in the communities we serve.

We are also focused on celebrating the retirement of our longtime program administrator, Chris Novak. Chris earned the distinction of being the very first paid staff member when she started at NAMI Ventura County in 2006. Since then, she has carried the NAMI Ventura County flag forward through 17 years of changes, challenges and celebrations.

While we will miss Chris, we are wishing her the very happiest and healthiest retirement. And we know her three grandchildren will be extremely excited to see more of her. NAMI Ventura County will host a retirement celebration for Chris on Thursday, June 29. The open house at the office (555 Airport Drive, Ste. F, Camarillo) will run from 4:30-7pm with a special program starting at 6pm. Please join us that day!

As we see one of our own off, we're also starting to see new faces at NAMI Ventura County. Arcelia Martinez, who joined our staff in April as the Volunteer Coordinator, has been busily recruiting volunteers. Volunteers are critically important to the work we do and we eagerly welcome each new person committing to stomping out stigma and creating better tomorrows. If you would like to volunteer or renew your commitment to volunteering, please reach out to Arcelia directly at arcelia@namiventura.org.

Speaking of creating better tomorrows, I'd like to invite you to a very special general meeting. June is PRIDE month. More than



9 million adults in the United States identify as LGBTQ and, according to the American Psychiatric Association, those individuals are more than 2.5% more likely to experience depression, anxiety, or substance use disorders than the general population.

LGBTQ+ youth and young adults have a 120% higher risk of experiencing homelessness than their peers — often as result of family rejection or discrimination based on gender identity or sexual orientation.

One of the very important things we can do is learn how to create inclusive environments. On Wednesday, June 21 (@6:30pm) join our June General Meeting to learn more about LGBTQ+ inclusivity. You can register for the June General Meeting here.

Lastly, please mark your calendar for NAMIWalks 2023. The NAMIWalk will take place on Saturday, Oct. 7th at the Ventura County Government Center. I hope to see you all there!

Patricia Pape
President, NAMI Ventura County



STAFF

Roberta Griego *Executive Director*
Chris Novak *Program Administrator*
Kimberly Quinn *Community Education & Communications Specialist*
Arcelia Martinez *Volunteer Coordinator*

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Camarillo, Ca 93011-1613

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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.



As A NAMI Ventura County Volunteer Your Time Counts

By Arcelia Martinez
Volunteer Coordinator

First, I want to thank you all for graciously welcoming me to the NAMI Ventura County family. My first few months as Volunteer Coordinator have been extremely busy. I want to thank the NAMI Ventura County staff and volunteers, new and established, for their patience as I learn everything there is to know about this fantastic organization.

Similar to many nonprofit organizations, volunteers are the heartbeat of NAMI Ventura County. They bring invaluable expertise and unparalleled energy to every task, event, and program they touch.

In 2021, in this country, over 60 million adults volunteered more than 4 billion hours. That's amazing.

In 2022 at NAMI Ventura County, 198 volunteers donated more than 3,229 hours.

For 2023 and beyond, we're working to make volunteering with NAMI Ventura County as seamless and simple as possible.

That has included adopting a specially designed online platform to help engage our volunteers. The website, TimeCounts.app, allows for improved volunteer onboarding, communication, and volunteer hour tracking.

Best of all, it puts control for planning your
See TimeCounts, Page 11



Together, We P.R.I.D.E.

Speaker:
Edgar Euan, Diversity Collective

Wednesday, June 21

6:30pm
Zoom

This event is free
Registration is required

Register at:
<https://bit.ly/NAMIVC2023>



Create Change In Your Community

By **Kimberly Quinn**
*Community Education
& Communications Specialist*

Your story matters.

I don't just believe those words. As a lived-experience speaker – in both the Ending the Silence and In Our Own Voice programs – for close to 10 years now, I've seen the impact of sharing my mental health story.

It wasn't a path I expected to take. I will never forget the day of my NAMI Ventura County office volunteer interview. I expected to design some pamphlets. Maybe write some copy.

I didn't expect the executive director attend a training just three days later. He believed my story had power. I had no idea how right he was.

I have no problem talking in front of audiences of any size, 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. And a new perspective.

In the beginning of my speaking career, I was surprised by this one recurring thing. It

happens as often now as it did 10 years ago.

During every presentation, I see people nodding in understanding. It's a quiet acknowledgement of "Yeah, I've been there". I see a lot of lightbulb ah-ha moments. There's no mistaking the look of understanding as it crosses a person's face.

Afterward, some of those people will thank me. Some of them will ask to hug me. Many will tell me pieces of their own story. And even more than I will ever know, many leave the room knowing they are not an outsider. They are not different. They belong and their experience is valid.

That is recovery in action. And it's community in action.

NAMI is no small part of the blessings that kept me moving forward in my recovery. NAMI Ventura County provided me with community. It also supported me as I became a leader within that community. This spring I earned my certification to train others to go out and tell their powerful stories.

Whether you identify as a person living with a mental health condition or as a family member, there's space for you here at NAMI Ventura County. Your story matters and you

*See **Change**, Page 11*

CHRIS from page 1

"Though I have only worked with Chris a few months I'm so excited for her new adventure. From what I understand she has been the backbone of NAMI Ventura County and though we will miss her deeply, she is overdue for a world of new memories with her family and friends. Cheers to you Chris and thank you for the years dedicated to mental health and the county of Ventura residents like me!"
– **Arcelia Martinez**, *Volunteer Coordinator*

"I can't hear the song "Don't Stop Believing" by Journey without thinking of Chris. During one of my first events as a staff member, we were in her car when it came on the radio. Chris scoffed and changed the channel quickly just as my urge to start belting out lyrics kicked in. It turns out Chris hates the song. It still makes me laugh and look over my shoulder every time it comes on a playlist. My wish for Chris in this new adventure is that she never stops believing (even if she never, ever listens to Journey)."
– **Kimberly Quinn-Colvin**, *Community Education & Communication Specialist*

Tributes

In Memory Of:

Georgia Perry

Dennis Perry

John Lewis Peters

Sarah Griffin

Josh

Nicholas Gray

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

What Mental Health Topics Interest You?

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



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/

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*



Thursday, July 6

6-8pm | Zoom



Scan To Register

Kickoff

WHY WE WALK



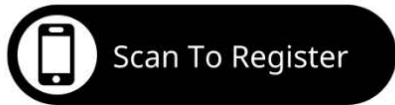
To promote awareness of
mental health and reduce
stigma

To raise funds for NAMI's
free, top-rated mental
health programs



To build community
and let people know
they are not alone





NAMIWalks 2023 Season Kicks Off With Fun Micro Workshops Designed for New & Returning Team Captains and NAMIWalkers

Thursday, July 6 | 6-8pm | Zoom

Reserve Your Space Today At bit.ly/VCWalkKickoff



6pm: Opening Remarks & Intro to NAMIWalks 2023

Micro Workshops

Session 1: 6:20-6:35pm

NAMIWalks 101

Is this your first NAMIWalks? It's time to learn all the necessary basics about NAMIWalks 2023. Learn about registration, team captains, and fundraising. This session will get you up to speed and into your sneakers.

Social Media for Scaredy Cats

Social Media is a powerful tool for reaching your audience during NAMIWalks season. Join to learn three simple tools you can use to make your social media work for you.

Engaging Youth in NAMIWalks

Are you a teacher, administrator or working with teens and youth? This workshop will offer you creative ways to get young people involved with NAMIWalks 2023.

Session 2: 6:40-6:55pm

NAMIWalks 201

Are you a returning NAMIWalker? Do you have questions or is your memory fuzzy about how registration, teams, or fundraising works? Brush up on all your essential information.

Personal Is Powerful

You know what they say, "With great power, comes great responsibility." Your connection to mental health and to NAMI is a powerful tool for advocacy and fundraising. Weld it responsibly and confidently with these easy guidelines.

Walk Stars: How do they do it?

Hear from past NAMIWalks Stars about why they support NAMI Ventura County and how they reached the pinnacle of NAMIWalks fundraisers.

Session 3: 7:05-7:20pm

Winning Website Workshop

The NAMIWalks website offers huge benefits and great features – if you know how to use it. Join to learn how to navigate the NAMIWalks website and use its features to meet your goals.

It's Not Magic: 100 in 7

It's tempting to think of fundraising as a series of big checks. But, raising funds from small asks adds up quickly. This workshop will show you how simple fundraising can be.

Take a Deep Breath

Self-care isn't selfish. That's still true during NAMIWalks season! Take a timeout to practice some stress-relieving breathing.

Session 7: 7:25-7:40pm

Team Captain Master Class

Are you a longtime NAMIWalks Team Captain who needs some new ideas? Are you a brand-new Team Captain who still has questions? In this workshop, define your goals and get you moving toward meeting them.

Fundraising Can Be Fun

Wow, what a wild concept! Fundraising doesn't need to be boring! Getting creative with fun fundraising is all about what works for you!

The Shy Ask

Have you ever been too nervous or embarrassed to ask for a fundraiser donation? You're not alone! This workshop will give you simple ways to bring in donations without the high-pressure asks.

7:40pm Closing Remarks & Prize Drawing



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

General Meeting

Together, We P.R.I.D.E.

Speaker: Edgar Euan

Wednesday, June 21 (6:30pm/Zoom)

Register at bit.ly/NAMIVC2023

NAMIWalks 2023 Kickoff

Thursday, July 6 | 6-8pm | Zoom

Register at bit.ly/NAMI

NAMIWalks 2023

Saturday, Oct. 7

Ventura County Government Center

Registration Opens Soon

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

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

Pre-register for classes starting Summer 2023

Peer to Peer Class

Pre-register for classes starting Summer 2023

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

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.

Próximos Eventos

Registrarse en
www.namiventura.org

Resources

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

**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

Reach Out

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

National Suicide Prevention Lifeline (available 24/7) Call 988, by text (text NAMI to 741741), or chat online at www.suicidepreventionlifeline.org

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

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

Treatment Referral

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

TIMECOUNTS from page 3

volunteer time into your own hands.

Using TimeCounts is simple. Each volunteer will make and manage their own account as part of the onboarding process. If you already volunteer and haven't yet made your TimeCounts account, I'm happy to guide you through the process.

One of the questions I'm frequently asked is what is required in order to volunteer with NAMI Ventura County. It's a fairly simple, if not necessarily quick, process. Prospective volunteers can get started by filling out our easy application here.

Next up is a quick interview with a NAMI Ventura County staff member. Why do we do interviews? Well, because all our work has to do with mental health, it's important that every volunteer understands and can adhere

to NAMI's philosophy and guidelines. After the interviews, volunteers participate in an hourlong training where we really delve into what NAMI is and isn't, what we do, and how we do it. After that, depending on the selected volunteer position, some volunteers (i.e. program teachers, presenters and facilitators) may be asked to complete additional training.

Completing the steps to become a NAMI volunteer can take anywhere from a week to a few months depending on an individual's availability, role, and training needed. The full staff at NAMI Ventura County deeply appreciate your patience while we get you set up and started.

You're probably also wondering what volunteer roles NAMI Ventura County needs filled right now. First up, we need individuals to staff resource tables at various events

around the county. These resource fairs are often the first time people hear about NAMI Ventura County. That means we want to attend as many as possible but there are simply too many opportunities for our small staff to cover.

Another great opportunity is for peers who enjoy telling their story. If you're under 30, you might consider training to volunteer in the Ending the Silence program. This unique presentation partners a family member who delivers mental health information and a peer lived-experience speaker for presentations at middle and high schools.

Those are just two of the many, many volunteer opportunities available.

Would you like more information? Reach out to me at Arcelia@namiventura.org.

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are the best person to tell it.

I understand how scary it can be to even consider telling your story. The What Ifs can

be overwhelming and a bit paralyzing. My own what-ifs certainly were terrifying. What if I get sick? What if I'm not ready? But I didn't need to worry. I've been supported and celebrated every step of the way. And I'm here

to tell now to support and celebrate you every step of the way.

Here's the bottom line. What I experience most often at NAMI is love. I see parents learning how to communicate and support their children of every age. I meet educators working tirelessly to give their students lifelong tools they may not get anywhere else. I meet teenagers and young adults figuring out how to make their world a better place.

Day in and day out, in my work, my personal life, and my recovery journey, I'm intensely grateful to advocate for and witness the hope that grows from NAMI Ventura County programs. Please join us.

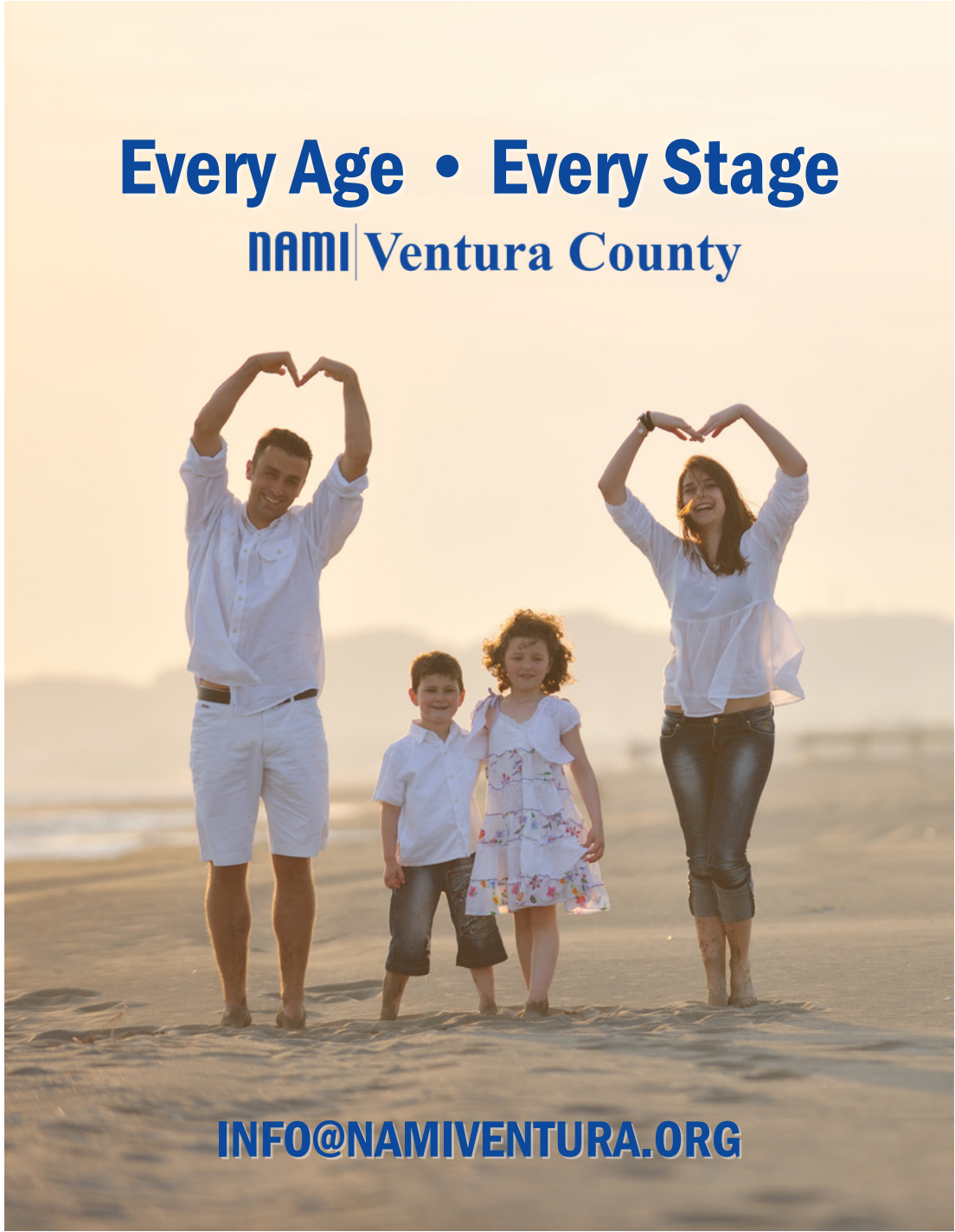
Are you interested in becoming a lived-experience speaker? Start the volunteer application process by reaching out to Arcelia@namiventura.org.





Every Age • Every Stage

nAMI | Ventura County



INFO@NAMIVENTURA.ORG



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