



NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

April/May 2008



NAMI Walks



YOU CAN MAKE A DIFFERENCE and HAVE FUN while you do it!

Do you care about somebody affected by mental illness? Are you frustrated by the STIGMA which can complicate the path to treatment and recovery for persons with biological brain disorders? This must change, but in order for it to happen **WE MUST ACT!**

On Saturday morning, May 17th, the 4th Annual Ventura County NAMI Walks will be held at the San Buenaventura Beach Promenade. If we hope to bring about increased awareness in our community, and take a step towards the elimination of stigma, **WE MUST** show up in significant numbers to emphasize the fact that one in five families are affected by these serious health issues.

THE GOOD NEWS is that you will be in the company of hundreds (the dream is 1,000's) of people who are either touched by mental illness themselves or care about those who are. You will be surrounded by smiling faces, enjoying the sunny skies and scenic views, feeling proud, feeling happy, feeling empowered, and feeling anything but alone. . .

SPEAKER'S MEETING

7:00 P.M., Tuesday May 13, 2008

MIND GONE AWRY

with

Donald Kern, M.A., M.F.T.

Donald Kern is a licensed psychotherapist and the author of "Mind Gone Awry". Mr. Kern will talk about his firsthand experience with Bipolar Disorder and offer some strategies to engage someone whom you believe has mental illness to seek treatment.

MEET THE CANDIDATES

for

Superior Court Judge, Ventura County
June 3rd election

Jeff Bennett & Roberto Orellana

Hear their views and inform yourself

**St. Columba's Episcopal Church
Parish Hall**

1251 Las Posas Road, Camarillo

*PLEASE ARRIVE EARLY IF YOU CAN.
WE NEED HELP SETTING UP TABLES AND CHAIRS*



NAMI WALKS for the MIND of AMERICA

Saturday May 17, 2008

Registration/Check-In: 9:00 am

Walk Begins: 10:30 am

San Buenaventura Beach Promenade

450 Harbor Blvd, Ventura

(between Crowne Plaza Hotel & Aloha Steakhouse)

FREE EVENT—PARKING VALIDATED

NAMI Walks (contd)

The final details of the 2008 Ventura County NAMI Walks are now coming together. You do not want to miss the opportunity of being a part of it!

Everybody's favorite DJ, Matt Worrell of Star DJs, will be with us for the 4th year. The Mariachi youth group from the Inlakech Cultural Arts Center will be on hand to help kickoff the event. A variety of snacks will be provided prior to the walk and ice cream sundaes will be served afterwards through the sponsorship of Chase Bros Dairy.

Gerry Wilson, of Wilson Studios, will be taking team pictures again to provide a permanent souvenir of the day. Team pictures will be emailed to each team captain (who provides us with an e-mail address) shortly after the walk.

It won't be too late to participate in this year's event until the afternoon of May 17th. There is still time to form your own walk team. Just ask one or more of your family members, friends, co-workers, etc. to come along with you. Last year Hoa Tran started her fundraising effort just 2 days prior to the walk and raised \$451 with contributions ranging from \$10 to \$25. Online fundraising makes it even easier to raise funds quickly.

Even if you can't walk, we hope you will attend. You are welcome to walk just a few steps or the entire 5K and if you can't walk at all, Crown Plaza will be setting up plenty of chairs for our use. So you can sit back and enjoy the music, the atmosphere and the free snacks.

For additional information or assistance, call or email the NAMI office. We are happy to help! ❖

2007 HOPE FOR HEROES

Walked in Support of our Military & Veterans



10 Teams Registered for their 4th Ventura County NAMI WALKS Plus 2008 Team Captain & Fun Fact

- **Anne Sippi Clinic**
Team traveling the furthest- Bakersfield
- **Healer's on the Run - CAMFT - Diane Sall**
In 2007 fundraising efforts resulted in an increase of 2.5 times that of the 1st year.
- **Hillmont Inpatient & A&R - Jeanne Shields**
Team T-Shirts are designed each year by one of the children on the team. Very Cute!
- **Hurt's Hoofers - Debbie Hurt**
*Most team members in each of 3 years.
2nd in funds raised during 3 years-\$16,427.*
- **I AM THE VOICE - Lyn Olson**
Lyn knocked our socks off at last year's walk with her rendition of "Power of the Dream."
- **In Memory Of Joshua - Raymond Johnson**
Raymond gave a wonderful speech at the 2008 Kickoff Luncheon. He was also the 6th highest individual fundraiser in 2007.
- **Love Stories - Calvary Community Church - Candace Jackson- Top overall fundraising team during the 1st 3 years - \$17,710!**
- **Ventura Police Dept - Lt. Mark Stadler**
Each year Lt Stadler brings both a CIT and police presence to our NAMI Walk.
- **Vista Del Mar Walkers - Lauren Thompson**
In 2007 they blew past previous years' totals & more than doubled the prior years' average.
- **Wild Hares, Camarillo American Legion #741 - Vicky Murphy - 4th team in fundraising during the 1st 3 years - \$4,554. Great paperwork as well!**

Top 10 Individual Online Fundraisers @ 5/3/08

1. Zerlin, Cindy - the team	\$1,075.00
2. Dietch, Jerry - NAMI Ventura Support Group	\$875.00
3. Rose, Dawn & Azia - Hurt's Hoofers	\$840.00
4. Johnson, Raymond - In Memory Of Joshua	\$775.00
5. Birnbaum, Jane - Wave Riders	\$770.00
6. Bentzen, Duane - Love Stories	\$670.00
7. Tran, Hoa & Binh - Triple T	\$490.00
8. Bustillos, Diane - Hurt's Hoofers	\$325.00
9. Beeker, Gail - Gail's Fam2Fam	\$300.00
10. Jackson, Candace - Love Stories	\$285.00

THANK YOU!

To All Other Teams Currently Registered

3rd year teams

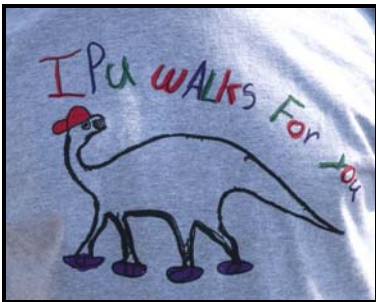
- Aktion Club of San Buenaventura - Patty Schulz
- The "B" Brigade - Nina Bhavnani

2nd year teams

- Maggie's Marchers - Margaret Yun
- Residential Care Facility Team - Ted Perez
- Squids - Chris Davidson
- Triple T- Hoa Tran
- Turning Point Trekkers - Ashley Ashley
- Ventura Dream Team - Dr. Gil McFarlane
- Williams Drive Team - Patti Yoshida

1st year teams

- Adult Wellness and Recovery Center - Jennifer Gomez
- Alley Cats - Kim Bierwolf
- Brandons Trail Blazers - Shirley Brandon
- Gail's Fam2Fam - Gail Beeker
- NAMI Ventura Support Group - Jerry Dietch
- Team Hillmont House - Amber Osborn
- the team - Maria Langford
- Wave Riders - Jane Birnbaum



The 2007 Hillmont IPU Team and their T-shirt design!

Action Needed - Improve Supportive Housing

You can help by urging your local House of Representative member to co-sponsor HR 5772. This ground-breaking legislation would authorize a new Section 811 Demonstration Program committed to true community integration and long over-due reforms to the existing Section 811 program that are essential for long-term viability. The changes would provide states and localities with a new infusion of critically needed Section 811 capital and project-based rent subsidy funding to produce more permanent supported housing. Members of our local House of Representatives are as follows. If you do not know which of the three is yours, you may call the Ventura County Clerk Elections Division at 805-654-2781 and they can tell you from your address. A short, personal handwritten letter or note is best, but a telephone call may be easier for some people. In either case, please make the effort to contact your representative and urge co-sponsorship of HR-5772.

House of Representatives, District Offices

Lois Capps (23rd District)
2675 Ventura Road, Suite 105
Port Hueneme, CA 93041
Port Hueneme Office: 805-985-6807
Washington, D.C. Office: 202-225-3601

Elton Gallegly (24th District)
2829 Townsgate Rd., Suite 315
Thousand Oaks, CA 91361
Thousand Oaks Office: 805-497-2224
Washington, D.C. Office: 202-225-5811

Henry Waxman (30th District)
8436 West Third Street, Suite 600
Los Angeles, CA 90048

Los Angeles Office: 323-651-1040, 818-878-7400

For those who prefer to use their computer, click on <http://capwiz.com/nami/home/> Then click on "Take Action" in the blue box labeled "featured alert" ❖

"No one is going to improve this world for our loved ones unless we take action. We can't do it by simply complaining and expecting that others will respond. This is why advocacy is so much a part of our lives and our hopes!"

-- Joyce Burland, author of the NAMI Family-to-Family Program

Sheriff's Department Updates Taser Use

At the General Meeting in April, Chief Deputy Chris Godfrey returned to give NAMI members an update on the use of Taser guns. These non-lethal weapons were first introduced to us in July 2006, before they were given to law enforcement officers in Ventura County.

Godfrey reported that Tasers have reduced injuries substantially to field officers. These averaged 34 injuries per year in prior years, down to 10 injuries in 2007. This in turn leads to less downtime for deputies and significant cost savings. In addition, there were no officer involved shootings whatsoever in 2007-2008 by Sheriff's deputies.

There were 123 uses of the Taser in 2007, the first full year they have been in use, and every use is reviewed by a committee. Every individual who is Tasered is routinely taken to a hospital for a medical clearance, before being booked or 5150'd into a psychiatric hospital. All patrol officers are now equipped with Tasers and detention officers in jails have them available.

An editorial in the Ventura County Star concludes: "The upshot is that, so far, Tasers have proved to be a valuable tool for law enforcement, saving money, careers and, most importantly, lives."❖

New classes starting soon

Family to Family

This is NAMI's signature education program - an important class for all family members or friends of someone with a mental illness.

A new summer class is being planned, and will probably be taught starting early-June in Oxnard. Call or email today if you are interested, or if you know of another family member who might need to take this class. More details will be made available as soon as dates and locations are finalized.

Provider Education Program

Specially designed for mental health professionals and taught by a trained five member team, this class brings the perspective of the consumers and family members. Attendees completing the course will receive 30 CEUs.

The next class is being planned now, and is scheduled to start on May 19th and continue for 10 weeks. The class will likely be held at a location in Camarillo.❖

Pepperdine Students Develop Strategic Plan for NAMI Ventura County

In the first quarter of 2008 NAMI Ventura County was involved with a Strategic Planning Initiative, supported by the Ventura County Community Foundation. This project involved VCCF consultants as well as a student team from Pepperdine University's Non-Profit Management & Leadership class. NAMI Ventura was among four non-profits that were selected and participated in a process of developing a one to three year plan to clarify goals and means of achieving them.

This program began with surveys and interviews with stakeholders including the NAMI Board, other family members and consumers to identify strengths and weaknesses of past and present NAMI Ventura operations. After these findings were gathered and prioritized, a Board retreat was held which included other stakeholders as well to discuss and brainstorm with VCCF and the Pepperdine team. Areas of particular focus that emerged were Programs, Volunteers, and Funding.

The discussion involved a potential vision for a more effective plan for areas of concern both now and for the future with things we would like to do or do better. The discussion was lively and engaging as all stakeholders were passionate about the need to help those with mental illness and their families.

Copies of the NAMI Ventura County Strategic Plan for 2008-2011 are available for members and all interested parties to view. Special thanks to Dena Jenson and Doug Green for their involvement and to the Pepperdine Team: Jazmin Aguila, Anthony Castellane, Eliza Gilmore, Nori Powojski and Dr. Regan Schaffer. We were indeed privileged to work with them and to be part of this strategic planning initiative.❖

COURT EDUCATION PROGRAM

NAMI Ventura County announces a new Court Education Program (CEP) on Mental Illness designed specifically for those working in the legal system. This unique class is presented from the perspective of the clients and their families. The trained four-person teaching team includes a client, two family members, and an attorney who has first-hand experience with mental illness.

All participants completing this short course will be given eight hours of MCLE credits approved by the State Bar of California.

Two classes are scheduled, each consisting of two four-hour sessions on Fridays from 1:00 to 5:00 p.m. The first class begins on May 9th and the second one on June 20th. Classes will be held at the Ventura College of Law, 4475 Market Street, Ventura, California.

The class costs \$50.00, with fee waivers available for county court personnel.

The CEP has been developed by NAMI Ventura County with a grant from the Ventura County Community Foundation.❖

CIT program one of the strongest in nation

The mission of the Ventura County Crisis Intervention Team (CIT) Program is to develop partnerships with mental health consumers and their family members, and other agencies and organizations.

Jennifer Frank, Program Assistant for the CIT program, was the featured speaker at the General Meeting on April 15th, and she explained the philosophy and functions of the team with a lively PowerPoint presentation.

One of the key responsibilities is to train the police officers in all cities of Ventura County on mental illness. Law enforcement officers are usually the first to respond to an emergency, and they are trained to handle the situation safely and with sensitivity when a mentally ill person is involved. Their 40-hour CIT training helps them de-escalate crises, reduce their use-of-force, and avoid jail use at times.

Jennifer pointed out that about 50% of all patrol officers in the county have received CIT training. The CIT team also provides liaison between law enforcement, families and other agencies. This is the only County in the country where 2 mental health workers run a law enforcement CIT program.

Joyce Wilde, Program Administrator for the CIT program, will be leaving her position shortly, and we thank Joyce for running an excellent program and wish her all success in her future endeavors. ❖

MEMORIAL DONATIONS

In Memory of Jay King

Barbara Warren
Betty Ryerson
Fred & Sharon Robinson
Herb & Patricia Denny
Irene King
Janet Heald
Joel & Christine Longenecker
Karin Whitely
Keith & Marita Montgomery
Louis & Barbara Kustudia
Luella M. Mahan
Ratan & Nina Bhavnani
Robert & Catherine Blume
Wayland & Betty Morrison

In Memory of Paul Yun

Fred & Sharon Robinson

In Memory of Eleanor Donald

Betty Ryerson

In Memory of Edisanne (Bitsy) Mason

Fredric & Robin Folino
Joanne Connelly
John or Diane Arnold
Leonard Jr. & Nina Butler
Paul & Mary Wilson
Ray & Mary Sargent
Roderick & Claire Carty
Thomas & Yvonne Westervelt

In Memory of Ellen Moradian

Alpha Construction Co., Inc.
Anne Sippi Clinic Riverside Ranch
Balam Willemsen
Bernice Yeung
E. & M. Concrete Construction, Inc.
Pamela Yerger
Rachael Gioseffi
Steven & Krishanne Nishi

SUPPORT GROUPS FOR CONSUMERS/CLIENTS

Please note – These groups are for consumers/clients. Family member support groups are listed separately.

Depression/Bipolar Support Groups:

Ventura: DBSA Support Group meets every Tuesday, 6:30 p.m. to 8:00 p.m., Bible Fellowship Church, 6950 Ralston Street (& Johnson Drive), Building 300, Room 301, Ventura. For more information, call (805) 201-0619. See: <http://health.groups.yahoo.com/group/DBSAVentura/>.

Ventura: DBSA Support Group meets 1st and 3rd Wednesday, 2 p.m.- 4 p.m. At the Adult Wellness and Recovery Center, 56 E. Main Street (at Ventura Avenue in Ventura). For directions and information, call (805) 671-5038

Oak Park: The Conejo Valley Depression Support+ Group meets every Monday at 7:00 p.m. at Church of the Epiphany Education Building, Room 6, 5450 Churchwood Drive (Churchwood & Kanan), Oak Park. Info: Vincent F. Caimano, Ph.D., (818) 292-8551 office.

**MORE SUPPORT GROUPS ARE FORMING.
WATCH HERE FOR LISTINGS.**

SUPPORT GROUPS FOR FAMILY MEMBERS

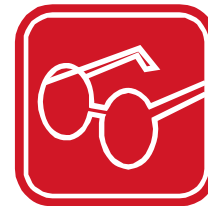
Please note –These groups are for family members. Consumer/client support groups are listed separately.

NAMI in Camarillo – Meets at 5:30 p.m. the second Tuesday of each month at St. Columba's Episcopal Church, 1251 Las Posas Rd., Camarillo. The meeting is prior to the General Meeting. Info: (805) 641-2426.

NAMI in Thousand Oaks – Meets at 7:00 p.m. the 1st and 3rd Monday of each month at 72 Moody Court in Thousand Oaks (Mental Health Adult Services Center). Info: (805) 641-2426.

NAMI in Ventura – Meets at 6:30 p.m., the 1st and 3rd Tuesdays of each month at College United Methodist Church, 4300 Telegraph Road, Ventura. Info: (805) 641-2426.

**MORE SUPPORT GROUPS ARE FORMING.
WATCH HERE FOR LISTINGS.**



Changes at NAMI Ventura County

The NAMI Board and staff has undergone some significant changes recently. Margaret Yun, our Executive Director and NAMI Walk Manager sadly lost her beloved husband Paul to illness recently. Margaret had to do a great deal of work to resolve family affairs and has resigned her staff position. We thank Margaret for helping to develop this staff position “from scratch” as she was tasked in many different areas, including managing the Provider program, general office duties, including family and consumer requests, coordinating with behavioral health and other agencies, and developing goals and strategies for furthering NAMI’s work. We are saddened by her loss and wish her the best.

Ratan Bhavnani will coordinate the NAMI Walk and will fill in as Executive Director on an interim basis. He is most familiar with her duties and has been extremely involved with all aspects on a volunteer basis. Chris Novak will remain in her current position as Program Coordinator. Her position is essential to all aspects of NAMI business.

With Ratan filling Margaret’s position, some changes were made to our Board leadership. Debbie Hurt will be Board president until the end of the term. We are grateful for her service as many members know her dedication to teaching Family to Family and overseeing the NAMI Walk in recent years. Candace Jackson had resigned from the Board but has been busy developing the Court Education Program on Mental Illness. Carol Luppino has graciously agreed to add to her many volunteer duties and be our Board Vice President for the rest of the term. ❖

**Ventura County Behavioral Health
Adult Outpatient Service Sites**

If You Live In:	Contact The Officer of the Day:
Ojai or Ventura (excluding Zip code 93004)	Ventura Outpatient Clinic 4258 Telegraph Rd Ventura, CA 93003 477-5700
Fillmore, Piru or Ventura 93004	Santa Paula Outpatient Clinic 333 W. Harvard Blvd. Santa Paula, CA 93060 933-4868
Oxnard, Port Hueneme or El Rio	Oxnard Outpatient Clinic 1911 Williams Dr., Suite 110 Oxnard, CA 93036 981-4200
Camarillo, Thousand Oaks, and Ventura County areas of Agoura, Westlake, Bell Canyon	Conejo Outpatient Clinic 72 Moody Court Thousand Oaks, CA 91360 777-3500
Simi Valley or Moorpark	Simi Valley Outpatient Clinic 3150 Los Angeles Avenue Simi Valley, CA 93065 577-0830

**NAMI Ventura County
Contact Information**

Mailing Address: P.O. Box 1613, Camarillo, CA 93011
Office: 1339 Del Norte Road, Camarillo, CA 93010

Phone: (805) 641-2426

Fax: (805) 275-2188

e-mail: namiventura@gmail.com

website: www.namiventura.org

Executive Director: Ratan Bhavnani

Program Coordinator: Chris Novak

Board of Directors

President	Debbie Hurt
Vice President	Carol Luppino
Treasurer	Connie Hall
Secretary	Sally Kosoff
Director at Large	Michael Fort
Director at Large	Irene King
Housing	Lou Matthews
Legislation	Jim Matthews
Advocacy	Pat Russell

Honorary Board

Delia Fuhrmann	Sonna Gray
Ed Nani	Sharon Robinson

Advisory Board

Psychiatry	David Gudeman, M.D.
Publicity	Angela Fentiman
Legal	Kent Kellegrew
Non-Profits	Fred Robinson
Law Enforcement	Joyce Wilde

**NAMI Ventura County
Membership Application 2008**

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

Check One: _____ New Member _____ Renewal Date _____

Name(s) _____

Address: _____ City _____ Zip _____

Phone _____ E-mail _____

Membership Level (check one):

_____ Single (\$30)* _____ Family (\$40)* _____ Silver (\$50)* _____ Gold (\$100)* _____ Peer/Client (\$5)

Membership Dues \$ _____

Donation Amount \$ _____

Total Enclosed \$ _____

**A portion of your membership dues (\$20) is sent to NAMI National and NAMI California.
Dues and donations to NAMI Ventura County are tax deductible to the extent permitted by law.

NAMI Ventura County needs your help. Please mark the activities in which you can volunteer:

- | | | | |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> NAMI Office Work | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Family-to-Family | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Outreach | <input type="checkbox"/> Legislation | <input type="checkbox"/> Membership | <input type="checkbox"/> Hospitality |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Speakers Bureau | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Other |

Non-Profit Org
US Postage
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Oxnard, CA
Permit No. 00280

NAMI Ventura County
P.O. Box 1613
Camarillo, CA 93011-1613
ADDRESS CORRECTION REQUESTED



diagnonsense

by jaywalk

What's your name?
(shake a hand)
what's your
diagnosis?
do you visit candyland
and how do you take
your nonsense?

give me a smile you
r (corner-lip twitches)

“at least in here
they give us drugs
instead of hugs
and kisses”