



# **nami**

# Ventura County

National Alliance on Mental Illness

Newsletter

January/February 2009

## **GENERAL MEETING**

Open to the Public ▪ All are Invited

**Tuesday 13th January 2009, 7:00 pm**

## **KEEPING YOUR FAMILY STRONG**

Guest Speaker:

**Alan Ludington, M.S., M.DIV.**

*Ludington Institute of Family Enrichment*

When our loved one is dealing with a mental illness, the entire family is affected and often goes into crisis. Supporting our ill family member in their recovery can be challenging and stressful. It is very common for family members to neglect their own needs or the needs of others, and individuals are at risk for family breakups and developing depression, anxiety and chronic physical illnesses.

It is crucial that the family remain balanced and healthy. What can you do to stay strong and continue helping your mentally ill loved one?

*Alan Ludington opened the Conejo Counseling Center in 1981, and the Ludington Institute for Family Enrichment (L.I.F.E.) of Westlake Village in 1996. He has considerable experience in family therapy and with clients resistant to treatment. He is a former member of the Ventura County Alcohol & Drug Advisory Board.*

**St. Columba's Episcopal Church  
1251 Las Posas Road, Camarillo**

*A Family Support Group is held at the church prior to the General Meeting, from 5:30 pm to 7:00 pm*

## **VCBH UPDATE COMING IN FEBRUARY**

At our General Meeting in February, get an update on the Ventura County Behavioral Health System.

Cyndi Christenson is the Division Manager for Adult Services, and she will talk about all the services that the department offers. This includes information on Integrated Dual Diagnosis Treatment (IDDT) or Co-Occurring Disorders Program, Forensic Services and more.

**Tuesday February 10th, 2009  
7:00 pm**

## **LARGE TURNOUT AT NAMI HOLIDAY PARTY!!**

With a new location at the Elks Lodge in Oxnard, this year's NAMI Holiday Party was the most well-attended to date. There were over 430 people and smiling faces, with about 330 clients and another 100 staff and family members - a record crowd at a NAMI gathering!



*The grand ballroom at the Elks Lodge, transformed for the Party!*

The room was beautifully decorated for the season, and the 50 round tables in the large ballroom were covered with red, green, and white tablecloths, with candy and nuts for everyone. This year's party featured a complete turkey dinner with all the trimmings, a nice change from the usual fare at previous holiday parties. When the meal was served, the buffet line that formed went all around the room. It was great to see that people waited in the long line patiently; in fact they took the opportunity to meet up and chat with old friends at tables while they circled the room!

Sharon Robinson took the stage as Mrs. Santa and drew numbers for the door prizes. There were so many prizes that almost all the clients were called up and asked to pick a special prize. And of course every client received a gift as they left the party, so everyone went home with a smile on their face.

Sharon was assisted by her volunteers, including Jane, Cece, and Carol, with Rosemary, Charlene and Chris at the check-in desk and greeters Chuck and Louise at the door.

Holiday helpers from the Behavioral Health Department  
(cont'd on p.2)

## Holiday Party (cont'd from page 1)

arrived with vans full of party-goers from various locations throughout the County. A big thank you to the VCBH case managers who reached out to the clients and provided transportation, to the clinic administrators and staff, and the residential facilities staff, who came and joined in the dancing and festivities. And a special recognition to Meloney Roy and the Department for covering the cost of the holiday feast.



*Turkey dinner with all the trimmings*



*Door prizes galore!*



*The awesome foursome line-dancing*

Guests included a surprise visit from Santa Claus! Other dignitaries spotted included Michael Powers, Cyndi Christenson, and Matthew Bennett. Thanks to all of you whose door prize donations and desserts helped make the holiday party a success, and a special thanks to NAMI's own Spirit of the Season - Sharon Robinson - who makes it happen!

Thanks to all the Holiday Party donors: Turning Point Foundation, Telecare Corporation, Jane Sheehan, Shirley Wang, John & Barbara Blewett, Betty Ryerson, Paul & Johanne Bedell, Russell & Susan Johnson, Virginia Gurrola, Jane Choy, Dennis & Cathy Wellwood, Sandra Rosenkranz, Irene King, Jim & Lou Matthews, Elizabeth Rice, Ratan & Nina Bhavnani, Audrey O'Leary, Lisa Severns, & Connie Hall. ❖

## NAMIWalks 2009

It's never too early to take a step forward for mental health; so please sign up for the NAMI Walk today.

We're just getting into 2009, but you can already sign up for the Ventura County NAMI Walk for the Mind of America taking place on May 2nd, 2009 at the Ventura Beach Promenade.

Your participation in the walk can help the many who are in need of care and advocacy. NAMI Ventura County is our community's own voice on mental illness. Your support of this organization shines a light on the stigma attached to mental illness - a stigma that comes from fear due to lack of knowledge. NAMI Ventura County is at the center of education, support and advocacy regarding these brain disorders.

### GET INVOLVED

\* START sharing with co-workers, friends, family members, anyone about NAMI and the walk!

\* ASK your neighborhood bank, grocery store, employer, etc to become a sponsor (forms are available at our office or online at our Walk Information web site)

\* JOIN the WALK Committee. Contact us by phone at 641-2426 or email at: [namiventura@gmail.com](mailto:namiventura@gmail.com)

Fundraising Tip: Sign up your team today and include this link as part of the signature on all your emails!

**[www.NamiWalksVentura.Info](http://www.NamiWalksVentura.Info)**  
**NAMIWalks For The Mind of America**  
**May 2nd, 2009**

## NEW HOUSING PROJECT PLANNED

The Ventura County Behavioral Health Department (VCBH) has announced a new permanent supportive housing project for clients affected by serious mental illness.

The proposed Paseo de Luz Apartments will be constructed at 457 West Gonzales Road, Oxnard on 0.9 acres of land. This property has been acquired by Cabrillo Economic Development Corporation (CEDC), a local nonprofit housing developer and will be developed in collaboration with VCBH.

This project will be an important element of the MHSA program and will provide 24 units of permanent supportive rental housing with integrated services. Consistent with the Community Services and Supports component of MHSA, the target population for this project will be extremely low-income, homeless and at risk of homeless adults with a psychiatric disability, including transition-age youth and older adults. Occupancy will be specifically limited to those whose income does not exceed 20% and 30% of the area median income. All potential residents must be referred to the project through VCBH.

The overarching principles of the MHSA housing service plan are client/tenant choice and that services are voluntary. The supportive services program will assist residents to succeed in their wellness, reduce hospitalizations, reduce incarcerations, increase employment, and successfully re-integrate into the community.

Project information is posted for 30-day review during a comment period beginning Thursday, December 18, 2008. Comments are due on or before January 17, 2009. See the MHSA web site at [www.vchca.org/bh](http://www.vchca.org/bh) ❖

## JUDGE KELLEGREW ADDRESSES NAMI MEETING



NAMI families and friends came together at the November General Meeting to hear the Honorable Kent Kellegrew speak on how the issues of mental health are incorporated into the legal system. Judge Kellegrew spoke primarily about conservatorships, the difference between the Lanterman-Petris-Short (LPS) and Probate conservatorships, involuntary holds allowed through the LPS Act, and how he as a member of the judicial system attempts to balance the needs of the mentally ill with his obligation as an officer of the court.

Judge Kellegrew explained to the group that conservatorships are granted primarily through two different bodies of legislation. The probate code allows for a conservatorship to be established when an individual is unable to meet his or her personal needs or manage his or her financial resources. The reason for this inability may be due to a variety of reasons (e.g., physically incapacitated) and may or may not include mental illness and/or intellectual disability. Judge Kellegrew informed the group that the LPS Act, which is embedded within the Welfare and Institutions Code, provides for a conservatorship to be established if a person is unable to meet his or her personal needs because of mental illness. In response to a question from the audience, the Judge confirmed that an involuntary hold (e.g., 5150) was not a prerequisite to establishing an LPS conservatorship.

Using a flowchart, Judge Kellegrew explained the circumstances under which an individual could be held involuntarily under the LPS Act. Under what is commonly



referred to as “5150”, individuals can be held for up to 72 hours for evaluation. This hold can be instigated by court order, or by various personnel from law enforcement or the medical/psychiatric community. The length of time a person can be held involuntarily may be extended if he or she is found to continue to be gravely disabled and/or a threat to him or herself or to others. The judge emphasized that the judiciary is extremely hesitant to take away the rights of citizens, that there is an underlying assumption that people can take care of themselves, and that everyone has the right to be “different”.

As an officer of the court, the Judge described how he attempts to balance the needs of individuals who appear to have mental illness with his obligations in ensuring his court runs efficiently and equitably. Judge Kellegrew described how he uses groups of professionals, such as Quick Start, to help him ensure that people whose circumstances may be more complex receive the time and expertise they require before issues of guilt, innocence, or competence are determined. The judge told the group that the challenges some experience with the courts or law enforcement are likely more to do with the role of these governmental entities rather than the particular individuals who are the faces of these entities in the community. For example, the judge emphasized that the job of the DA is to convict individuals who have broken the law and not necessarily to ensure people with mental illness receive appropriate care or that their mental illness is considered during sentencing. Various audience members brought up issues regarding how people with mental illness could be better dealt with in the courts, including Mental Health Courts. The judge emphasized that the courts are not suppose to “legislate” and that the best way to ensure progress is made in this regard is for community members to contact their elected officials. ❖

## BE AN ADVOCATE FOR MENTAL HEALTH

**1. County Board of Supervisors.** In our last newsletter (Nov/Dec 2008), we suggested you attend these meetings and speak on matters of mental health when appropriate.

**2. Mental Health Board (MHB).** This advisory board is appointed by the County Supervisors, and meets once a month. Various MHB subcommittees meet on different days. Meetings are open to the public; NAMI members are encouraged to attend these meetings and get involved. If you wish to make a statement during the public comment portion of the agenda, fill out a speaker card and give to the Board Secretary before the meeting. Meetings are held:

on the third Monday of each month, 1:00 pm to 3:30 pm

in the Training Room at

Ventura County Behavioral Health Department

1911 Williams Drive, Oxnard

Note that this month's meeting is changed to Tuesday January 20th, 2009

**3. Letter Writing.** From time to time, we receive action alerts on items relating to mental health, at the State or Federal level. We ask for your support by writing to your legislators. We must act quickly when we receive these notices; NAMI Ventura County will send you an email message outlining the issue and what action is needed. Please make sure we have your email address on file.

**4. Join NAMI.** If you are not a member, help us make our voice heard to improve services to clients and families. ❖

## SSI IN 2009

by Baron L. Miller

In order to protect Supplemental Security Income (SSI) disability benefits, it is important for those of us who supplement them to be familiar with the rules and to stay informed of changes. Following are the limitations on a recipient's resources and income in effect on January 1, 2009.

### Resources

"Resources" is what the Social Security office calls assets owned by an SSI recipient, and in 2009 they continue to be limited to \$2,000.00. The limitation applies only to assets in the recipient's name or to which a recipient is deemed to have unfettered access. Regardless of their worth, a recipient's home, household goods, personal effects, and a vehicle for transportation are not included in this limitation, nor are any assets owned by a special needs trust.

### Income

Because SSI is based on financial need, money received by an SSI recipient can adversely affect both eligibility and the amount of benefits. A recipient may receive up to \$20.00 each month from any source, and an additional \$65.00 per month as wages, without an adverse effect. Once the limit is reached, ½ of the excess received each month will be deducted from the allowable SSI benefit for that month.

Significantly, there is no limitation at all on payments to providers of a recipient's living expenses if they are not deemed to be for food or shelter. Some of these things that can be paid for without limitation are clothing, telephone, household goods, computer, transportation, recreation, case management, helpers, companions, travel, medical and dental, most insurance, education, rehabilitation, and training.

The limitation rules do apply to payments for rent, mortgage, home insurance, real estate taxes, home utilities, and gift cards for food. However, unlike cash, payments for these things will not render a recipient ineligible for SSI; instead they will reduce monthly benefits by the actual amount of the payments, up to a maximum reduction of \$245.00. Therefore, depending on a recipient's needs and another's ability to pay for them, it can be wise to pay a provider directly for shelter and/or food.

Cash received by an SSI recipient as reimbursement for expenses already paid for by the recipient will count as income in the month received (and will also count toward the \$2,000.00 limitation). Receipt of food stamps will not affect benefits, nor will loans which the recipient is realistically expected to repay.

### MediCal considerations

A recipient of SSI will continue to automatically qualify

for MediCal. Due to the exorbitant cost of treating mental illness, MediCal is often crucial. Again, while cash payments made directly to a recipient might result in ineligibility, payments made to a provider of shelter or food would at most reduce monthly benefits by \$245.00. If an SSI recipient's living expenses are going to be supplemented, this must be done in such a manner that it will not render the recipient ineligible for both SSI and MediCal.

### Staying diligent

SSI rules do periodically change, and family members, friends, and trustees of special needs trusts should consult with the Social Security office or with an attorney familiar with the rules to determine what payments the current rules will allow, and what the potential loss to an SSI recipient could be.

*Baron L. Miller is an attorney in private practice in San Francisco who specializes in estate planning for California families of the mentally ill. He is a long-time NAMI family member, and an advocate for the rights and interests of families of the mentally ill. He does not charge for telephone consultations on the propriety of making payments for the benefit of an SSI recipient. He can be reached at 415 522-0500.❖*

## ACTIVITIES FOR CONSUMERS/CLIENTS

### **ADULT WELLNESS & RECOVERY CENTER (AWRC)**

This drop-in center is open to all clients, whether or not they are enrolled with Ventura County Behavioral Health (VCBH). Many activities and classes scheduled daily. Some clients are "Peer Counselors", and they engage new members and help them navigate the mental health system. The Center is run by Pacific Clinics, with funding from VCBH.

AWRC, 56 E. Main St, Suite 103, Ventura

Tel: (805) 653-5045

Open Tuesday through Saturday, 9 am to 5 pm

### **TAY TUNNEL**

Also run by Pacific Clinics, this drop-in center is aimed at helping Transitional Age Youth (TAY), age 18-25, and connecting them with services. Many activities daily.

TAY Tunnel, 141 W. 5th Street, Suite D, Oxnard

Tel: (805) 240-2538

Open Monday through Friday, 10 am to 6 pm

### **WRAP PROGRAM**

VCBH contracts with Recovery Innovations of California, Inc (RICA) to run a WRAP program for clients – "Wellness Recovery Action Plan". Contact RICA at (805) 981-5439.

WRAP graduates are eligible to be hired to work at the County's mental health clinics as Peer Counselors.

Note that

- clients may join the WRAP program at any time and go at their own pace. Eight sessions are required.
- Graduates may enter the Peer Employment Training, starts every few months. 72 hours, over 2-3 weeks.
- RICA does the hiring of and employs Peer Counselors on behalf of the County.

**5/50 CHALLENGE:  
DOING A LITTLE CAN BE BIG**

*by Kesa Ryono*

*(from the Ventura County Star, December 14, 2008)*

You vote, you pay taxes and you are a stand-up person. These days, though, that might not be enough.

Across the nation, we are experiencing financial turmoil, massive layoffs and record foreclosures. When these conditions prevail, even the most self-reliant people find themselves needing more help from social services. This is happening at a time when our cash-strapped government is least able to help.

We must all step up to the plate. I challenge you to make a difference through what I call the 5/50 Challenge: volunteering five hours a month and donating \$50 a year.

I am a volunteer, a community activist and a single, working mother of two daughters. Considering all that is on my plate, some say I lost my mind this year when I ran for a seat on the Port Hueneme City Council. I didn't win, but the 5/50 Challenge is the result of my campaign. As I met my fellow citizens and canvassed door to door through my city's neighborhoods, I tried to communicate that one person can make a difference.

In the 1990s, I became concerned about Halaco Engineering, a smelting plant adjacent to the park and beach where my girls played. I asked other moms if they noticed a metallic taste and a chemical odor. When I spoke to neighbors who did not live in Port Hueneme full time, and they told me that they had trouble breathing upon arrival to the area, I realized that something was very wrong.

Information, I knew, was a powerful tool in fighting what I saw as an injustice. So I created and distributed questionnaires asking moms and dads about the health effects the smelting plant had on their families. I contacted city and county officials about my concerns and organized others to do the same. I kept records of rain runoff and noxious fumes emitting from the Halaco property for a lawsuit filed by the Environmental Defense Center.

What was the result? After 35 years of never losing a case, Halaco's attorney and part-owner, Art Fine, lost big. In response to the lawsuit, Halaco filed for bankruptcy. In 2003, Halaco settled with the EDC, and by 2004, the company moved out of Ventura County. In 2007, the Environmental

Protection Agency declared Halaco a Superfund site and started cleaning up the toxic mess.

Today, I am fortunate to work for a nonprofit organization I believe in: the Ventura County Civic Alliance. The alliance exists to promote a healthy and sustainable future for the Ventura County region. I grew up in Los Angeles and Orange counties and witnessed how a lack of coordinated planning yields a poorer quality of life. Our mission is to increase civic engagement by working in partnership with residents of Ventura County to identify and work toward a favorable future for all of us.

These days, we are all busy and worried. Anxiety makes the problems feel so big that we become paralyzed. I believe the only anecdote to anxiety is action — that one way to get rid of a big mess is one shovel full at a time.

Each of us can do a little more to meet the 5/50 Challenge. You can donate your monthly five hours by attending a city council meeting, giving blood (I think that this one should count for five), working on a Habitat for Humanity house, volunteering at your library or your Neighborhood Watch or writing a letter to the editor or your elected official.

You can give \$50 by donating to a scholarship fund, becoming a member of an organization, shopping for local organic produce, or simply saving \$50 a month — now there's a concept!

If you gave up just one hour of TV a week, would you notice? If you replaced four incandescent light bulbs with compact fluorescents, you would save \$48 a year. That is almost all the savings of time and money you would need to meet the 5/50 Challenge.

According to the Rand Corp.'s 2007 count, Ventura County had 539,644 residents ages 15 to 64. Rounding that off to a half a million to make the math simpler, 5/50 translates to 2.5 million ours and \$25 million for Ventura County.

Big problems need big solutions. If we all do a little, it could be big.

*- Kesa Ryono of Port Hueneme is a friend of NAMI Ventura County. She is an associate with the Ventura County Civic Alliance, an initiative of the Ventura County Community Foundation, and serves on the Ventura County Fish and Game and Port Hueneme Parks and Recreation commissions.*

**NAMI needs volunteers now – see the bottom of the membership form on page 7. Call the NAMI office for more information.**

**NAMI Ventura County Needs Office Space**

The lease for our present office at the Alzheimers' Association location ends in June 2009. We're looking for space near the center of the County, preferably in Camarillo, with easy freeway access. Please call us at 805-641-2426 for more information or if you know of any affordable locations.

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## MENTAL HEALTH COMMUNITY FORUM

**The Ventura County Client Network invites you to join in a conversation with our key partners**

A panel consisting of key administrative staff from the Ventura County Behavioral Health Department will relate their personal perspectives about their work in Mental Health. Specific questions will be posed at random to each panel member as part of a process known as Appreciative Inquiry. An Open Mic with Q&A will follow.

The panel will consist of:

Dr. Michael Turek, Medical Director  
Cyndi Christenson, Director of Adult Services  
Susan Kelly, Mental Health Services Act Manager  
Dr. Linda Gertson, Dir. of Integrated Dual Diagnosis Treatment  
Suzanne Zimmerman, Behavioral Health Manager, Oxnard Region  
Dr. John Schipper, Behavioral Health Manager, Ventura Region

**Training Room  
Ventura County Behavioral Health  
1911 Williams Drive, Oxnard**

**Friday January 9th, 2009  
10:00 am - 2:00 pm**

Refreshments will be served!

Please join us at this community forum. Bring your written questions for the panel and give to the moderator. For more information, call Karyn Bates at 805-671-5038

### 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. Also see:

<http://health.groups.yahoo.com/group/DBSAVentura/>.

**Ventura:** DBSA Support Group meets 1<sup>st</sup> and 3<sup>rd</sup> Saturdays, 1:00 p.m. to 3:00 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:** DBSA Conejo Valley Depression Support Group meets Mondays at 7:00 p.m. at Church of the Epiphany, Mitchel Hall, Room 6, 5450 Churchwood Dr. (Kanan & Churchwood) Oak Park.

Info: Vincent F. Caimano, Ph.D., (818) 292-8551 office or email [depressiongroup@mindspring.com](mailto:depressiongroup@mindspring.com).

### 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 third Monday of each month at 72 Moody Court in Thousand Oaks (Behavioral Health, Conejo Clinics). Info: (805) 641-2426.

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



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

<b>If You Live In:</b>	<b>Contact The Officer of the Day:</b>
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	Diane Kellegrew
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Legal	Michael Ford
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Ed Nani	Sharon Robinson
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Publicity	Angela Fentiman
Legal	Kent Kellegrew
Non-Profits	Fred Robinson
Law Enforcement	Joyce Wilde

**NAMI Ventura County  
Membership Application 2009**

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)\* \_\_\_\_\_ Open Door\*\* (\$5)

Membership Dues \$ \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

*\*A portion of your membership dues (\$20) is sent to NAMI National and NAMI California.*

*\*\* An open door membership is available to anyone who cannot afford to pay full membership.*

*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       |



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

ADDRESS SERVICE REQUESTED

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**New Classes Starting**  
**No charge**  
**Sign up now – call or email**

For more information, go to [www.namiventura.org](http://www.namiventura.org)

**FAMILY TO FAMILY**

Class begins: January 8, 2009  
12 Thursdays, 6:30 pm to 9:00 pm  
Auditorium, Public Health Dept.  
3147 Loma Vista Road  
**VENTURA**

**FAMILY TO FAMILY**

Class begins: January 15, 2009  
12 Thursdays, 6:30 pm to 9:00 pm  
Calvary Community Church  
5495 Via Rocas  
**WESTLAKE VILLAGE**

**PROVIDER EDUCATION PROGRAM**

Class begins: January 22, 2009  
10 Thursdays, 1:00 pm to 4:00 pm  
Interface Community Room  
1305 Del Norte Road  
**CAMARILLO**