



nami

Ventura County

National Alliance on Mental Illness

Newsletter

March/April 2009

GENERAL MEETING

Tuesday March 10th, 2009, 7:00 pm

Open to the Public ▪ All are Invited

ASK THE DOCTOR

with

Ronald Thurston, M.D.

Dr. Thurston will bring us up-to-date on psychotropic medications and treatment of serious mental illness.

Bring your questions on any topic relating to mental illness, including treatment, therapy, medications, and legislation, and Dr. Thurston will be happy to answer them.

Dr. Thurston is a member of the Ventura County Mental Health Board and the Treasurer of the California Psychiatric Association. He is active with the Southern California Psychiatric Society and is the past President of the Ventura County Medical Association. Dr. Thurston currently has a psychiatric practice in Ventura.

This informal session promises to be a lively and educational evening – be sure to join us!

**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

SAFE, PEACE, SPACE

by Margaret Yun

Alan Ludington offered these three acronyms to NAMI families attending January's General Meeting. Drawing on personal and professional experience, Ludington, the Director of the Ludington Institute for Family Enrichment, gave an empathetic, truth-told-in-love analysis of the effects of mental illness on the family unit.



Historically, professionals were not allowed to diagnose a mental illness in children under 18. Today, however, mental health professionals are encouraged to recognize and diagnose mental illness early, with the result that the family (along with pharmacology) has become the primary treatment arena for mental illness. In the past history of Ventura County, when those with mental illness and substance abuse issues needed help, they were admitted to Woodview-Calabasas Hospital, or Camarillo State Hospital. The geography has now shifted, and with these two entities no longer existing, the burden for care lies with families who are not educated in how to deal with intervention and treatment. Because the family has become the inpatient unit, it is imperative for them to understand how mental illness affects them. With this knowledge, families can begin to practice preventive care for themselves.

Ludington noted that in healthy family units, the organizing principle in the family is love, characterized by bonded attachments. For NAMI families, the organizing principle becomes the illness, and attachments can become fractured. In families affected by mental illness, non-ill children tend to distance themselves from the family and express denial, confusion, shame, guilt, anger, fear, frustration or resentment. The first six months of realizing the family member is truly ill is probably the worst six months of the non-ill family member's life.



Join us for the Fifth Annual
NAMI Walks Ventura County

**Saturday May 2nd, 2009
Ventura Beach Promenade**

SIGN UP NOW!!!

Become a team captain! Join a team! Donate online!

www.NamiWalksVentura.Info

SAFE, PEACE, SPACE - Ludington (cont'd from page 1)

Divorce rates among couples experiencing the mental illness of a child are rising; and without intervention, they will soon reach 92% - the rate of divorce among couples dealing with the death of a child. Marriages respond to the mental illness with denial – attempting to control the illness or behavior (i.e., grounding, withholding privileges), ghost-chasing (moving from therapist to therapist, trying to get things to happen), distancing and avoidance (not wanting to come home, shutting down emotionally, blaming). There is preoccupation with the illness – families get caught up in trying to control an uncontrollable illness. The illness drains families financially, spiritually and emotionally. The personal toll to family members includes serious depression, sleep difficulties, anxiety attacks, memory loss, weight loss or gain, and acting out (spending and affairs).

While the family adjusts to these changes over the years, dealing with the illness often builds resentment within families. Children might ask, “Why are you always ruining my birthday?” or “Why do you always ruin Christmas?” If the mentally ill child has a high IQ, it becomes even more difficult for the family to adjust to the illness. The ill child is intelligent, rational, and persuasive even in the raging of the illness. The higher the IQ, the more likely that the family will become enablers. When the family gives in and enables, this creates more stressors; and the pattern of enabling and increased stress becomes episodic.

Families were encouraged to engage in preventive care, beginning with the SAFE model (S=safety, A= attention, F=family, E=educate), that is, it’s the responsibility of the parent to keep family members Safe, to give Attention to the non-ill children in the family, to continue to function as a Family for the benefit of all members, and to Educate the children in the family.

To maintain healthy family relationships and create PEACE (P=powerlessness, E=education, A=affection, C=curious, E=empathy), it’s important for non-ill family members to realize they are Powerless to change the afflicted family member. Families need Education about the disease, and they need Affection. They need to give and receive hugs and surround themselves with people who care. Ludington stressed the need to be “Curious not furious”. Ask other family members, “How are you dealing with this?” Lastly, show Empathy for what other family members are going through; how does it feel to be the spouse, or the friend of the mentally ill person.

Ludington recommended that family members create SPACE (S=self-care, P=prayer, A=acceptance, C=community, E=entertainment), set aside time for Self-care. Family members should take time out to get involved in an enjoyable activity that takes their minds to a different place. Reaching out to the universe or a higher power through Prayer or meditation gives the individual guidance and help. Accept the mental illness and the loved one’s journey, and the fact that your job is to help manage, not cure. Being active with the Community and finding a place to share your feelings is important. Lastly, take time to be Entertained; give yourself permission to enjoy your life – leave your cell phone at home because “if you teach the illness it can control you – it will.” ❖

Alan Ludington M.S., M.Div., opened the Conejo Counseling Center in 1981, and the Ludington Institute for Family Enrichment (L.I.F.E.) of Westlake Village in 1996

OPPOSE PROPOSITION 1E

California Budget Takes \$460 Million from Mental Health Funds

The California budget now passed and signed will “redirect” \$226 million in Prop 63 funds for 2009-10, and up to \$234 million for 2010-11 to assist the state in paying for EPSDT services. The EPSDT Program (Early Periodic Screening, Diagnosis, and Treatment) is the child health component of Medi-Cal. The measure diverting Prop 63/MHSA (Mental Health Services Act) funds is SB3x-10, and the measure calling for the special election is AB3x-11. The governor signed both in late February.

The measure simply redirects this amount of funds on July 1, 2009, and on July 1, 2010. It is silent on what part of Prop 63/MHSA funds this comes from and most likely that will not be decided until after the May 19th election – should the voters approve this measure, which is now known as Proposition 1E. Should the proposition pass, Ventura County stands to lose several million dollars in funding for mental health programs over the next two years. This is in addition to Medi-Cal budget cuts because of reduced realignment dollars.

NAMI and other interest groups are gathering information necessary and will develop a strategy to defeat Proposition 1E. The precedent set by taking funds from a voter approved measure that dedicated its funding to specific purposes in order to balance the state budget, and in effect diverting these funds from their intended purposes, is as big of a concern as the loss itself. This not only creates the risk of more future diversions of Prop 63 funds, but also creates a precedent that could adversely affect any voter approved measure dedicating funding to a specific program.

These are issues we will likely be presenting to the voters as we quickly move from budget advocacy to ballot box advocacy. Stay tuned!❖

MHSA Prevention and Early Intervention

Prevention and Early Intervention (PEI) is the second largest component of the Mental Health Services Act (MHSA), with an estimated \$6.4 million in annual funding for Ventura County - subject to the cuts referenced above.

Prevention involves reducing risk factors and building protective factors in order to **prevent** the development of serious emotional or behavioral disorders and mental illness.

Early Intervention refers to short, low-intensity services to improve mental health problems and **avoid** the need for more extensive treatment.

Ventura County Behavioral Health is just beginning the PEI Community Planning Process. If you are interested in participating in a planning workgroup, focus group, forum, or in any other way, please contact:

Gabino Aguirre, Consultant, VCBH
gabino.aguirre@ventura.org, (805) 701-3423 ❖

A VISION FOR CHANGE

by Candace Jackson

At NAMI Ventura County's General Meeting in February, Cyndi Christenson presented "A Vision for Change," on behalf of the Ventura County Behavioral Health Department (VCBH). Cyndi presented current and planned services for adults, children and senior adults here in Ventura County, and expanded on programs created by the passage of Proposition 63 or the Mental Health Services Act (MHSA).



The Mission Statement of VCBH reads as follows: "As an integrated component of the County Health Care system, the Ventura County Behavioral Health Department strives to promote hope, resiliency, and recovery for consumers and their families by providing the highest quality prevention, intervention, treatment, and support to persons with mental health and substance abuse issues."

The principles of MHSA call for: Community Collaboration, Cultural Competence, Individual/Family-driven Programs, and Interventions, Wellness and Recovery Focus, Integrated Service Experience for Individuals & Families, and Outcomes-based Program Design.

Cyndi reported that much progress is being made at VCBH. The XP2 program, which provides Assertive Community Treatment (ACT), has expanded from 20 to 40 people now exiting jail or incarcerated in the last 12 months. ACT teams support clients wherever they reside in the community, including family homes.

VCBH is moving toward integration for current services both in the adult and older adult division. Cyndi stated that there are currently gaps in services for adults that they are working towards closing. One new MHSA program is the Screening, Triage, Assessment, and Referral (or STAR) Program, which will provide a standardized screening process and a "no wrong door" policy for clients entering the mental health system.

STAR determines the level of acuity of mental illness (emergent, urgent, non-urgent). Cyndi said that acuity determines the timeline to assessment, and then treatment. The screening team will also provide phone coverage for the Crisis Team. Assessments will be held in the VCBH

clinics, or at places like houses of worship and various community buildings. An individual treatment plan will be developed for clinic "recovery tracks" based on best practice techniques. A benefits specialist will help clients and families apply for government services. The wellness and recovery focus will include peer involvement, orientations, along with the support and development of a Wellness Recovery Action Plan (WRAP). Family peer and client peer programs will eventually be part of the services offered. The STAR number is **866-99-VCBHD**.

Another new program is the Community Recovery Tracks which will ensure equitable access for unserved or underserved youth, adults, and their families with emerging moderate mental health concerns. Treatment will include those individuals suffering from anxiety, mood and disruptive behavior disorders. They will use short-term strategies focused on evidence-based and recovery-oriented strategies, including a group treatment approach.

Two new housing projects opening in our county, and the department continues searching for new sites and developers. If you have any leads for the county in housing sites, please phone Becky Spring at 981-4293. VCBH is currently also looking for locations for two new facilities. The first will be a 30-day, 18-bed Crisis Residential Center. The second is a Mental Health Urgent Care Center, which will provide medication evaluation, support, and treatment for individuals with urgent needs. It will be part of the continuum of care with STAR and the crisis team. Walk-in individuals will be referred to STAR for full assessment and linkage.

VCBH is also moving towards integrating the current status of Youth, Family & Transitional Aged Youth, or "TAY" services, and Children (0-16) with Serious Emotional Disturbance (SED). They are striving towards solutions for both TAY and Adult services by targeting TAY (16-25) and Adults/Older Adults with Serious Mental Illnesses (SMI) including: thought disorders, bipolar disorder, major depression, post-traumatic stress disorder (PTSD) and co-occurring or interactive disorders with a primary diagnosis of SMI.



Dr. Gil McFarlane answered questions on forensic programs including MARRT (Multi-Action Referral and Recovery Team), which has had a rebirth after the loss of funding last year. He hoped that MARRT will lead to a mental health court in Ventura County.❖

DMH WORKSHOP

The California Department of Mental Health invites you to attend a public workshop to provide input on the draft "California Strategic Plan on Reducing Mental Health Stigma and Discrimination". The draft Plan contains preliminary recommendations to reduce stigma and discrimination associated with mental illness.

Southern California workshop: Thursday, March 19, from 1 to 4 PM, at the Holiday Inn Orange County in Santa Ana, located parallel to the 55 Freeway and is accessible by bus routes 59, 72, 74, and 213 Express.

Another option is to join a Conference Call that will be held on Monday, March 16, from 5:00 PM to 6:30 PM; the toll-free number is 1-800-230-1092.

REGISTRATION: Participants are encouraged to register and review materials in advance by visiting this website:

<http://www.dmh.ca.gov/PEIStatewideProjects/PublicWorkshops.asp>.

Online registration is also available in Spanish, Cantonese, Russian, Vietnamese, and Armenian. Those who do not have internet access can call Nicole at (916) 445-2079.

MATERIALS: Hard copies of meeting materials will be provided in English at the workshops. The same materials will be used for the conference call. All materials can be downloaded from the ebsite.

FLYER AND INVITATION LETTER: The workshop flyer and invitation letter from Dr. Stephen Mayberg, Director, California Department of Mental Health, can also be downloaded from the main website. ❖

UCSB FAMILY STUDY

Are you the parent of a child with an emotional disorder or mental illness?

Would you like to learn some new methods for helping your child?

A researcher from the University of California at Santa Barbara is now accepting families for a study of positive behavior support for parents of children and young people with schizophrenia or bipolar disorder.

Families participating in the study will receive instruction, coaching, and support in their homes from an experienced behavior therapist. The research will evaluate how well these supports work to reduce stress and problem behavior in your home. If you would like to know more about the study, please contact Jeff Hayden by phone at (805) 701-1254, or by email at jlhayden@roadrunner.com for more information. ❖

THE IMPORTANCE OF MEDICATION MANAGEMENT AND SOUND PRINCIPLES IN PEOPLE WITH MENTAL ILLNESS

by Raymond D. Johnson

Dedicated in loving memory to Joshua Tinsley, 1972-2006

By far one of the most important aspects of living with a mental illness, or having a family member or loved one with mental illness is medication management.

There are principles that are sound in managing medication in the treatment of mental illness. I include my own perspective and experience as a person living with a mental illness. I have been taking medication since I turned 17 in 1990 and will continue to take my medication because I have accepted my illness not as a limitation, but as a responsibility to take care of myself. This acceptance is crucial. Sometimes it is more difficult for men to reach out and accept help or take medication. Taking medication does not make you weaker, feminine, or crazy. Actually it is the best course of action to care for oneself.

That being said, here are some good guidelines about medication management:

- Know your medicines. Know the names of your medicines, what they are for, how they look, the dosage and type of medication, i.e., anti-depressants, anti-psychotics, etc.
- When you pick up your medication at the pharmacy, be SURE to inspect it closely. Make sure it is the correct medication, that it looks the same, and is the correct number of pills and dosage directions. Pharmacies sometimes make mistakes. If there is a discrepancy, inform the pharmacist immediately.
- Do not allow yourself to run out completely of your medication. Instead, always give the pharmacy at least 48 hours to fill the prescription. They may need to contact your insurance or the doctor's office for authorization, etc. This ensures you will have enough until your refills are ready. However if you do run out, ask politely, and most pharmacists will give or sell you enough to last you until the prescription gets filled.
- Give a list of your medications to one of or all of your family members so that in case of an emergency, they will be able to inform medical personnel what medications you are on. I wear a Medic-Alert bracelet that Emergency Medical Technicians as well as medical staff are trained to look for. There is a 24-hour hotline to call, and there is a listing of all my medications and the dosages. Additionally they will call and inform up to three people as well as three doctors of your choice in an emergency. There is a charge for it, but for me the peace of mind is worth it. Their official website is: www.medicalert.org.

I sincerely hope that these few but sound principles will be of assistance to you and your family. ❖

(Raymond Johnson is a member and dedicated volunteer of NAMI Ventura County.)

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. ❖

FUNDRAISING FOR NAMI TIME TO RENEW

These are 3 easy ways to assist NAMI Ventura County by continuing to shop at your regular merchants. Help us raise much needed funds in order to continue our programs and services.

Albertson's and Ralphs require that you re-link your card with our organization each year. The Albertson's link expired on February 28th; please follow the steps shown in the next column to ensure that your everyday shopping will continue to help NAMI Ventura County.

ALBERTSON'S COMMUNITY PARTNERS

Albertsons contributes a percentage of purchases made by you each time you shop at Albertsons and Sav-on Drugs with your registered Preferred Savings Card. It's that easy!

- Go to www.albertsons.com/cp
- Click on "Shoppers login or register..."
- Enter your normal Albertsons Preferred Savings card number and telephone number to login
- Select "My Account"
- New cardholders: select "Add a Partner"; enter the 11-digit number for NAMI Ventura County:
49000116735
- To update: select "Update Partners"; make sure NAMI gets 100% of your contribution; click "Update Now". ❖

RALPH'S CONTRIBUTES TO COMMUNITY

Register your Ralph's Club Card and NAMI Ventura County can earn up to 4% of your purchase each month.

Just go to www.ralphs.com, click on Services/School Programs, then "Community Contribution". Enroll as a Participant and follow the simple instructions to register your Ralph's Club Card. The Organization Number for NAMI Ventura County is 81209. ❖

eSCRIP REMINDER!

Register your Von's, Pavilion's, Macy's, American Express and Visa card with eScrip and NAMI Ventura County will benefit.

Go to www.escrip.com, enter the NAMI group number: **5564290** and follow the simple steps to register your grocery cards, credit/debit cards, and store purchase cards.

Here's how it works:

1. You register any one or all of your existing grocery, debit and credit cards for use in the program.
2. Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
3. Your purchases are tracked and available to you online, allowing you to see just how much you are earning on our behalf. ❖

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THE IMPORTANCE OF BUILDING AND MAINTAINING A SUPPORT NETWORK IN PEOPLE WITH MENTAL ILLNESS AND THEIR FAMILIES AND LOVED ONES.

by Raymond D. Johnson

For people living with mental illness and their families, support is essential. You need to build a support network, and that can take time. A good way to do this is to become involved with NAMI, National Alliance on Mental Illness. Their Wwebsite is www.nami.org. They are a national organization offering education, support, and grassroots advocacy that is changing the face of mental health for the better. NAMI has chapters in all states, and within states there are local chapters. You can find your local chapter on the before mentioned Wwebsite. They have general meetings once a month, sometimes with speakers of interest to the community. Here you can meet other parents who have a loved one with mental illness, and other clients that are living with a mental illness.

This is a great opportunity to gain knowledge and network. You should ask the parents and clients if they have had any good or bad experiences with psychiatrists, and if you are looking, would they be able to refer you to one or perhaps a psychotherapist. You can also glean more information about local psychiatric hospitals. Others experience good and bad; so if and when the time comes that your loved one needs to be admitted to an inpatient facility, you may have the option of a choice, insurance permitting.

Another good Wwebsite is www.nimh.nih.gov. This is the National Institute of Mental Health, run by the government. This site is very informative about mental health - it is accurate and has lots of good information. I know there are many more ebsites, but I will only include these two out of personal experience that I know are factual and accurate.

A good rule of thumb is to have at least five people you can call in case of a crisis. This way you will hopefully have adequate resources to resolve the crisis. Some cities offer a mental health crisis line through the county. This is a good idea because they are trained mental health professionals; However if a client is seasoned enough to have dealt with a crisis team before, he/she may fear confiding in them for fear he/she will be hospitalized. So you need someone the patient can trust, although sometimes admission to a hospital is the warranted action to a situation. ❖

(Raymond Johnson is a member and dedicated volunteer of NAMI Ventura County.)

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 1st and 3rd 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.

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 1st and 3rd 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**

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

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**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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US Postage
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New Class Starting
No charge
Sign up now – call or email

For more information, go to www.namiventura.org

FAMILY TO FAMILY
Class begins: March 9, 2009
12 Mondays, 6:30 pm to 9:00 pm
OneSpirit Center for Conscious Living
1756 Erringer Road, Suite 100
SIMI VALLEY