



NAMI Ventura County

Ventura County's Voice on Mental Illness

Newsletter

May 2007



SPEAKER'S MEETING

7:00 p.m., Tuesday May 8, 2007

Guest Speaker:
Author, lecturer, workshop facilitator

TOM WOOTTON

Tom Wootton is a dynamic speaker and the author of *The Bipolar Advantage*. Drawing on his extensive life experience, Tom educates friends and family members, and delivers a message of hope to those living with "the bipolar advantage".

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

If you can arrive early, at 6:30 p.m., we need help in taking down tables and putting up chairs.



NAMI WALKS 2007!!

NAMI Ventura County calls on its members and friends to:
"Walk for the Mind of America"

SATURDAY MAY 12, 2007

Check-in begins 9:00 a.m.

VENTURA BEACH PROMENADE

We are dedicated to providing support, education and advocacy for families with mental illness. Support NAMI Ventura County in our mission and **JOIN OVER 500 WALKERS AS WE RAISE AWARENESS AND FIGHT STIGMA.**

To donate on-line, register for the walk, start a team or learn more, log onto www.namiventura.org and follow the links.

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MEET THE BOARD: CANDACE JACKSON

(Candace Jackson is Vice President of NAMI Ventura County)



Duane Bentzen, Candace Jackson and Lisa Moore teach Family to Family class

I've been impressed with NAMI as an organization since my first encounter at the National Conference held in Minnesota five years ago. I had been receiving Sheila March's Stigma Buster's newsletter for some time, but didn't really know what else was available. One day I received an announcement about the NAMI conference. I looked at the schedule of workshops and phoned my husband at work to tell him about the various workshops. He said, "You have to go!" One of my best friends lives about four miles from the convention center, so it seemed to be a no-brainer for me.

At the time, my son was on a list of medications about a mile long. I found through one of the workshops that a medication that my son was taking was known to cause permanent cognitive brain damage. For me that completely justified the price of the flight and the conference fee. I immediately phoned my son's doctor and had him taken off the drug.

While at the conference, I learned lots of new information and found out about the Family to Family program. I was immediately overwhelmed with the feeling of wanting to teach that class. I wanted to help others and let them know about this wonderful organization to which I now belonged.

When I returned to California I started attending the monthly NAMI meetings. Sonna Gray was calling for volunteers to teach this class. I immediately stepped up to the plate and said that I wanted to teach. I truly felt like I was being called to do this. Within several months I took the F2F class from Sonna and took the teacher's training program in Orange County. The following year after that I was asked to join the board.

My husband and I also took the NAMI Facilitator class that year and formed a support group from embers of our F2F class. From this support group we have formed lasting friendships of which we will be eternally grateful.

After serving on the local board for about three years, I was nominated by Donna Wallis to serve on the California Board of Directors. Due to a glitch in the system last year, most of our Ventura County members were ineligible to vote...including moi! Therefore, I booked a flight back on Saturday evening never thinking that I could possibly be elected. But, lo and behold, while at the airport I received a call from Ratan telling me that I had won and that I was to come back for the board meeting the following day. I scrambled a bit, got my bag and headed back to the hotel.

I am truly grateful that I miraculously received enough votes to be elected to this board of incredibly dedicated individuals with whom I serve. I hope that I can do my part in making this organization even stronger than it was before I joined.

As for now, I am currently teaching my seventh F2F class. I look forward to being the NAMI Walk Family Team Chair and hopefully raising a lot of awareness about NAMI while raising a lot of money for NAMI Ventura, as well. If you have not signed up to walk on a team, or to be a team captain, you are welcome to walk with my group, "Love Stories." We all have a love story to tell about our loved ones. ❖

JOYCE BURLAND TRAINS TEAMS

Joyce Burland, Ph.D., the writer/creator of the NAMI Family to Family and Provider Education Program is coming to Ventura County May 17-20. A dynamic and inspirational speaker, Dr. Burland will provide the initial training of four teaching teams in the Provider Education Program.

The four teaching teams each consist of two Family to Family trainers, two clients, and one mental health professional. All team members were recruited from Ventura County.

Once trained, the teams will teach the 10-week Provider Education Program course at various locations in Ventura County. The course is specifically designed to teach mental health professionals about mental illness from the family/client standpoint.

Among the goals of the Provider Education Program are: "To validate the subjective lived experience of consumers and family member caregivers as a Primary Knowledge base for developing staff skills and competencies in public agencies serving individuals with serious and persistent mental illness." Funding for the Provider Education Program comes from Proposition 63. CEU units will be available at selected training sites. ❖



THE BEST TIME FOR HOUSING?

NOW!!

“Now is the best environment in ten years to develop supportive housing” declared Rick Schroeder, Executive Director of Many Mansions. Speaking at the April 10th NAMI Ventura County General Meeting, Schroeder’s note of optimism was echoed by Carolyn Briggs, Housing Director for the Behavioral Health Department, and Ed Moses, Executive Director of the Area Housing Authority for the City of San Buenaventura – the three housing experts who shared the podium at Tuesday’s meeting.

Carolyn Briggs recapped the funding that has been made possible through a variety of sources, i.e., Proposition 46 that provided \$2.1 billion in a housing bond for California, Proposition 1C – another housing bond that brought in \$2.8 billion with \$195 million slotted for supported housing and \$50 million for housing homeless youth. Briggs stated that Proposition 63 will provide \$75 million in housing plus \$45 million a year for subsidies to make housing affordable. Additionally, stakeholders are deciding how capital facilities money will be spent – perhaps for an IMD facility or housing for those with co-occurring disorders.

“Homeowners are the biggest receivers of government subsidies, to the tune of \$120 billion a year” by way of tax deductions, according to Ed Moses, who went on to say that subsidies for housing authorities amounted to only \$30 billion. The City of Ventura Housing Authority has 716 units of public housing (with 508 on the wait list) and there are 1108 units of section 8 housing available (with a wait list of 1670). Law mandates that 5% of these units are set aside for low incomes households with disabilities. Priority for the Housing Authority’s wait list for the City of Ventura is given to those with disabilities.

Many Mansions, an affordable housing developer based in Thousand Oaks, has nine apartment complexes, three of which offer permanent supportive housing to low income, disabled residents: Richmond Terrace and Esseff Village in Thousand Oaks, and Casa de Paz in Simi Valley. Many Mansions also partnered with the Behavioral Health Department to develop Hillmont House, the only MHRC in Ventura County.

NAMI Board members Carol Luppino, Lou Matthews and Ratan Bhavnani engaged the speakers in a question and answer dialogue. The typical cost of developing affordable housing can range anywhere from \$7-12 million for a 36-unit complex. The City of Ventura Housing Authority is currently in the process of building Sobell Apartments, 12 units for extremely low income households with priority given to those with disabilities. The Behavioral Health

Department is in the process of partnering with Cabrillo Economic Development Corporation for two rental housing units on River Park, ten at Paseo Santa Clara and five at Paseo Del Rio. They are also looking at possible developments in partnership with People’s Self-Help Housing.❖

VENTURA COUNTY – WHAT’S AVAILABLE NOW?

What’s needed in Ventura County is a continuum of care – in other words, housing that meets each level of need for our mentally ill loved ones.

Here’s what’s available now – and what’s not:

Psychiatric Hospital – two – Hillmont Psychiatric Unit (HPU) Vista del Mar

IMD (Institution of Mental Disease) – none

MHRC (Mental Health Rehabilitation Center) – one Hillmont House (15 units)

Transitional Housing – two - Casa de Esperanza and Wooley House

Board and Care – (most of the mentally ill in Ventura County are housed in board and cares – **there is no “step up” housing, i.e., transitional housing from board and cares)**

**Independent living with support – five –
Villa Calleguas - Camarillo
Harvard Place – Santa Paula
Esseff Village – Thousand Oaks
Richmond Terrace – Thousand Oaks
Casa de Paz – Simi Valley ❖**

COUNT SHOWS 1961 HOMELESS

The results of a count of the county’s homeless population revealed 1961 homeless individuals on the streets of Ventura County. The count was conducted by various volunteers and agencies throughout the county from January 21 through January 23 to January 29, and was coordinated by the Ventura County Homeless and Housing Coalition. Cathy Brudnicki, Executive Director of VCHHC, observed that the majority of homeless are not transient; rather, they stay in the communities where they are known and feel safe. The homeless count and other documents are available on the coalition’s website: www.vchhc.org.❖

***** **SUPPORT GROUPS** *****

SUPPORT GROUPS FOR CLIENTS

Please note – these groups are for consumer/clients. Family member support groups are listed separately.

Ventura: Currently there is no support group in Ventura; however, plans are underway to reconvene this group at a new time and location. Once the new time and place have been determined, we'll include the information in this newsletter.

Thousand Oaks:

HUGS (Heads Up Group Support) - Support group for traumatic brain injury and its effects meets 2nd Thursday, 6:30-8 p.m. in Behavioral Health Training Room, 72 Moody Court, Thousand Oaks.

HUGS also meets 4th Thursday, 11:30 for brunch at Eggs 'N Things. For more information call Veronica (805) 498-6851

Mood Disorder Support Group – Meets 2nd and 4th Tuesday, 6:30-8 p.m. in Behavioral Health Training Room, 72 Moody Court, Thousand Oaks Info: (805) 777-3500❖

SUPPORT GROUPS FOR FAMILIES

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

NAMI in Camarillo – Meets at 5:30 pm, the 2nd 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 pm, the 3rd Monday of each month at 72 Moody Court in T.O. (Mental Health Adult Services Center). Info: Irene King (805) 495-5031, or Kathleen Furness (818) 865-1558.

NAMI in Ventura – Meets at 6:30 pm, the 3rd Tuesday of each month at Ventura Missionary Church, Room 502-Upper. Info: Debbie Hurt (805) 660-1755.❖



**Ventura County Behavioral Health
Outpatient Service Sites**

If you live in:
Ojai or Ventura (excluding
Zip code 93004)

Contact:
Ventura Outpatient Clinic
300 Hillmont Avenue
Ventura, CA 93003

The Officer of the Day
652-6768

If you live in:
Santa Paula, Fillmore,
Piru or Ventura 93004 only

Contact:
Santa Paula Outpatient Clinic
333 W. Harvard Blvd.
Santa Paula, CA 93060

The Officer of the Day
933-4868

If you live in:
Oxnard, Port Hueneme
Or El Rio

Contact:
Oxnard Outpatient Clinic
1911 Williams Dr., Ste 110
Oxnard, CA 93036

The Officer of the Day
981-4200

If you live in:
Camarillo, Thousand Oaks,
And Ventura County areas
Of Agoura, Westlake,
Bell Canyon

Contact:
Conejo Outpatient Clinic
72 Moody Court
Thousand Oaks, CA 91360

The Officer of the Day
777-3500

If you live in:
Simi Valley or Moorpark

Contact
Simi Valley Outpatient Clinic
3150 Los Angeles Avenue
Simi Valley, CA 93065

The Officer of the Day
577-0830

NAMI Ventura County Contact Information
Mailing Address: P.O. Box 25510, Ventura, CA 93002
Phone: (805) 641-2426
E-mail: namiventura@gmail.com

2007 Board of Directors

President	Ratan Bhavnani
Vice President	Candace Jackson
Treasurer	Connie Hall
Corresponding Secretary	Sally Kosoff
Recording Secretary	Lisa Moore
NAMIWALKS	Debbie Hurt
Director at Large	Irene King
Director at Large	Fred Robinson
Housing	Carol Luppino
Housing	Lou Matthews
Legislation	Jim Matthews
Special Events	Sharon Robinson
Advocacy	Pat Russell

Honorary Board

Delia Fuhrmann
Sonna Gray
Ed Nani

Advisory Board

Law Enforcement	Joyce Wilde
Publicity	Angela Fentiman

NAMI Ventura County Membership Application 2007

Please fill out the form completely, and mail with check payable to:
NAMI Ventura County, P.O. Box 25510, Ventura, CA 93002-5511

Check One: _____ New Member _____ Renewal Date _____

Memberships: (Check those that apply)

_____ Single (\$30)*
_____ Family (\$40)*
_____ Silver (\$50)*
_____ Gold (\$100)*
_____ Donation Amount
_____ Total Enclosed

Name(s) _____

Address: _____ City _____ State _____ Zip _____

Home Phone _____ E-mail _____

*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.

We are always in need of volunteers. Please mark the activities in which you would like to participate:

- NAMI Office Work Support Groups Family-to-Family Fundraising
 Legislation Membership Hospitality Publicity Speakers Bureau
 Newsletter Other

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

NAMI Ventura County
P.O. Box 25510
Ventura, CA 93002-5510
Address Service Requested

People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country.

If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come.

A problem of this magnitude will not go away. Because it will not go away, and because of our spiritual commitments, we are compelled to take action.

~Rosalynn Carter

