



nami

Ventura County

National Alliance on Mental Illness

Newsletter

September/October 2009

GENERAL MEETING

Tuesday September 8th, 2009, 7:00 pm

Open to the Public ■ All are Invited

SPECIAL NEEDS TRUSTS
Who Will Care When You're Not There?

with

Gary Chang

Director of Legal Affairs, Proxy Parents Foundation

Every family should have an estate plan. If yours includes a family member with a mental health disability who receives SSI and medical benefits, you also need to set up a Special Needs Trust.

Can your family member inherit money? Will this interrupt his or her SSI and Medi-Cal benefits? How will a Special Needs Trust help? Who will provide for them when you no longer can? What is a pooled trust?

Come learn the answers to these and other questions at this informative and important session.

Gary Chang is an attorney and a parent of a child with mental illness. Proxy Parent Foundation is a non-profit started by members of NAMI California and and the Los Angeles Mental Health Association. It helps families establish Special Needs Trusts and provide family-like Personal Support Services to people with mental illness.

The trusts can fund a range of services that families specify, while safeguarding their family member's public benefits.

NAMI VENTURA COUNTY ANNOUNCES NEW CLASSES

Family-to-Family Program. See page 2

A series of 12 classes for families and friends of persons with serious mental illnesses.

Provider Education Program. See page 5

A ten-week course that presents a penetrating, subjective view of family and consumer experiences, for line staff at public agencies who work directly with people with severe and persistent mental illnesses.

Court Education Program on Mental Illness. See page 4

Designed specifically to help court personnel and others in the legal system better understand and support individuals with serious mental illnesses and their families.

Mental Health Conservatorships

by Kimmie Jordan

At the NAMI General Meeting in July, Cynthia Krause, Assistant County Counsel, explained the LPS Conservatorship process in Ventura County and answered questions important to individuals who have family members who refuse treatment and are unable to care for themselves due to a serious brain disorder.

An LPS Conservatorship allows for involuntary mental health treatment and estate management. Mental health conservatorships are set forth in the Landerman-Petris-Short (LPS) Act of the Welfare and Institutions code, in which a person is deemed to be *Gravely Disabled* and unwilling or unable to voluntarily accept psychiatric treatment. An individual is considered to be *Gravely Disabled* when they are unable to provide food, clothing, or shelter for themselves due to a mental disorder. An individual who can survive with assistance of family or friends is not considered to be gravely disabled. Because a Mental Health or LPS Conservatorship is based upon grave disability as a result of a mental disorder, referrals to the Public Guardian's Office are accepted only from mental health professionals designated to evaluate for both the grave disability and the mental disorder. Referrals for LPS conservatorship must be in writing with the signatures of two licensed psychiatric professionals, one of whom must be a medical doctor.

Procedures for LPS Conservatorship are specific to each county. In Ventura County, the process begins with a 72 involuntary hour hold for treatment under a 5150. After the 72 hour hold, if the individual remains a danger to themselves or to others, or is gravely disabled and continues to refuse treatment, they can then be held for a 14 day involuntary hold for treatment under a 5250 if granted by the court. The individual can be held for an additional 30 days while the inpatient psychiatric unit files for conservatorship if the person is deemed to continue to be gravely disabled. If the temporary conservatorship is granted, the Public Guardian is appointed as the temporary conservator while proceedings continue. Temporary conservatorships can last no longer than a period of 6 months.

If at any time during this process, the individual agrees to treatment voluntarily, they are no longer considered to be gravely disabled. Either a family member or the Public Guardian may be appointed as the conservator. When granted, LPS Conservatorships are for a period of one year, and it is the responsibility of the conservator to re-petition each year. The re-petition for LPS Conservatorship will

(contd on page 2)

LPS Conservatorships (Contd)

require two signed statements from doctors testifying to the fact that the person remains gravely disabled.

Family and friends in the audience expressed concerns and frustration related to the barriers for their loved ones being conserved. For example a client being involuntarily held merely agrees to voluntarily accept treatment and is discharged from the psychiatric hospital. Another concern voiced related to the fact that an individual can be stable on the proper medications while on a hold, but when released from the hospital they promptly stop taking their medications, resulting in the symptoms that made them temporarily gravely disabled. The result in some cases is a cycle of involuntary holds, hospitalization and stabilization, release, increase in symptoms, returning to involuntary holds. Although it is frustrating in these situations and an LPS Conservatorship would be fully appropriate in assisting an individual to maintain their wellness, Ms. Krause explained that the system is in place to protect individuals from injustices which may lead to involuntary commitment in situations in which it was inappropriate. In cases such as these it is important for the family member or friend to remain supportive and be persistent in working for the best interest of their loved one.

An alternative to LPS Conservatorship is 3rd Party Assistance when there is an individual who is willing to provide food, clothing, and shelter to the consumer who is unable to provide for these needs themselves.

If psychiatric medications are refused while in the hospital, the doctor may petition the court for a capacity or Riese hearing. The consumer, MD, and Public Defender are present at these hearings and if approved, medications may be administered involuntarily

When an individual is under LPS Conservatorship, they are unable to possess a weapon or license or enter into contracts. They also retain the rights to accept or refuse medical treatment not related to the grave disability. The conservator does have the right to place the individual involuntarily in a locked facility if they meet the admission criteria.

Placements for individuals under LPS Conservatorship need to be the least restrictive to meet the individuals needs. Placements from least restrictive to most restrictive include: **Room and Board** and **Independent Living** - Individuals under LPS conservatorship are not usually placed in these types of placements.

Board and Care facilities - provides licensed supervision.
Augmented Board and Care - such as Casa De Esperanza
Mental Health Rehab Centers - such as Hillmont House
Skilled Nursing Facilities - may be secured or non-secured, for consumers who have other medical concerns in addition to their grave disability.

Institutions for Mental Disease (IMD) - are locked facilities. Ventura County contracts with Sylmar Health & Rehab Center and Crestwood Behavioral Health.

State Hospitals - such as Patton State in San Bernardino.

The majority of individuals under LPS conservatorship reside with family, Board and Cares or in locked facilities. ❖

FAMILY-TO-FAMILY

The NAMI Family-to-Family Education Program is a series of twelve weekly classes for family caregivers of individuals with mental illness. The trained co-teachers are family members themselves and know what it's like to have a loved one struggling with one of these brain disorders. The course balances education and skill-training with self care, emotional support and empowerment.

For family members, partners and friends of individuals with:

Major Depression, Bipolar Disorder, Schizophrenia and Schizoaffective Disorder, Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder, Co-occurring Brain and Addictive Disorders, Post Traumatic Stress Disorder

There is no cost to participate in the NAMI Family-to-Family Education Program. This class is the first step to help your loved one on the road to recovery. Sign up today. Classes are starting soon in:

WESTLAKE VILLAGE

August 27, 2009, 6:30 pm to 9:00 pm, 12 Thursdays
Calvary Community Church, 5495 Via Rocas

VENTURA

September 2, 2009 6:30 pm to 9:00 pm, 12 Wednesdays
ARC Ventura County
295 S. Arcade Drive

SIMI VALLEY

September 21, 2009, 6:30 pm to 9:00 pm, 12 Mondays
OneSpirit Center for Conscious Living
1756 Erringer Road, Suite 100 ❖

ONLINE SUPPORT GROUP COMING

Vince Caimano, PhD, has been facilitating the Conejo Valley DBSA Support Group for a few years. A combination of peer support and education, these meetings have grown and now take place twice weekly, on Mondays and Thursdays, in Oak Park. See page 6 for details.

Vince plans to offer a live, online support group soon. The website states "Our mission is to help accelerate the full recovery of those who are living with depression, bipolar disorder and anxiety, by providing online support groups to reinforce the care you receive from your licensed healthcare practitioner." See www.livedepressinsupportgroup.com for more information.

Watch Vince's most recent video "Depression Tips: Sleep Like a Baby". Go to youtube.com and search for *bsejImKgtCY* ❖

Bipolar In Order



Tom Wootton was the keynote speaker on August 21st at the NAMI California Conference held in Torrance. He held the audience enthralled with his personal episodes of depression and mania, while he explained how he manages these to his advantage.

Tom's third book "Bipolar In Order" will be released in September. Here is an extract from his new book, referring to Christopher Columbus' voyages and the general belief held by others that the earth was flat:

"When I set out to explore the inner world, the common belief was that I would fall off the edge too. But just as Columbus discovered a world filled with beauty, I have seen depression, hallucination, and delusion from the other side and found incredible vistas. With training, you too can visit those worlds without falling off and discover a life far more beautiful than you can imagine."

General Meeting. You are invited to an evening of conversation with Tom Wootton, hosted by NAMI West Los Angeles, on Wednesday September 16th, 7:00 pm to 8:30 pm, at the Santa Monica Public Library, 601 Santa Monica Blvd, Santa Monica. This talk is free and open to the public.

Workshop. Tom will be conducting a weekend workshop "Bipolar In Order", October 24-25, in West Los Angeles. All families, consumers and providers are encouraged to attend (12 CEUs for MFTs and LCSWs). For more information, visit his web site www.bipolaradvantage.com or call (415) 992-5315. Mention "NAMI Ventura County" and receive a 30% discount when you register before September 1st. ❖

Save The Date!

September is **Recovery Happens** Month in California.

The Ventura County Behavioral Health Department presents their

RECOVERY HAPPENS MONTH CONFERENCE

Tuesday September 29, 2009, 9:00 am - 12:00 pm
Marriott Residence Inn, Oxnard

More details will be sent by email when available. ❖

Fighting the stigma of mental illness one step at a time

by Kathy Quan, RN BSN

Finding causes and cures for mental illness may be closer than ever before. Much is being learned about the fact that mental illness is biologically based disorders of the brain. Unfortunately the stigma attached to mental illness is far from being eliminated.

Society is quick to shun individuals with mental illness as if it were contagious. Patients or consumers are labeled, stereotyped, discriminated against and marked by an attitude of shame and disgrace. All of this threatens to undo any positive move from a medical standpoint. Stigma is a powerful force to be reckoned with.

Combatting stigma is a priority in the process to identify causes and cures of mental illness. This can be accomplished one day at a time and one individual at a time.

- Take a look at your own beliefs and actions. Be informed about mental illness and the research being done. Understand that it is possible to recover from mental illness with medications and adjunct therapy. Educate others and advocate for mental health.
- Don't label individuals by their illness. One of the most common examples is using the term "the schizophrenic(s)" to describe a person or persons. No one is defined by their health status, and especially not mental illnesses.
- Help to educate and inform others. Be tactful and polite, but don't be afraid to correct misconceptions and to provide information and resources to those who are uninformed.
- Offer support to family and friends who suffer from mental illness and advocate for their care and treatment.
- If you are the consumer, understand that you have the right to choose to tell or not, and the right to demand respect as a person and not a disease. Work with your support group to help them understand what you need and how they can help you.
- Advocate for mental health legislation, funding for mental health research and help to educate others about mental illness and recovery.

Remember that recovery from mental illness is entirely possible with appropriate diagnosis, treatment and support.

Kathy Quan writes articles on mental health for [examiner.com](http://www.examiner.com). See this article at: <http://www.examiner.com/x-5524-LA-Mental-Health-Examiner> ❖

"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." - Michelangelo
(quote used by Gene Johnson, CEO, Recovery Innovations, in his talk entitled "Recovery, Raising Our Own Expectations", at the NAMI California Conference).

THE CHORUS

A sneak preview of the new film THE CHORUS was shown to attendees at the NAMI California Conference. Created as a companion piece to THE SOLOIST, this new film shows how homeless men and women with mental illness handled their living on Los Angeles' Skid Row since landing there.

The Soloist could only go so far in telling its story. Director Joe Wright raised funding for *The Chorus*, which delves deeper into the world of individuals living on skid row and the politics of the community.

After the private screening of *The Chorus*, the characters in the film and production staff answered questions from the audience at the Conference. They were joined on stage by Nathaniel Ayers, the title character of *The Soloist*, who gave a violin performance.

The Chorus is nearing the end of production - watch for its appearance at film festivals and its general release later this year. ❖

Minds On the Edge

"Minds on the Edge" is a multi-platform media project launched by NAMI that explores severe mental illness in America, and will gather momentum in the months ahead. Take part and make an impact. Visit the web site: <http://www.mindsontheedge.org>

The television program "MINDS ON THE EDGE: Facing Mental Illness", which will be shown on PBS television stations in October, effectively illuminates challenging ethical issues as well as systemic flaws in program and policy design, service coordination, and resource allocation that are contributing to a mental health system that is widely acknowledged to be broken.

Minds On The Edge also provides a glimpse of many solutions that are currently being implemented across the country. These innovations, many shaped by the guidance and expertise of people with mental illness, offer promising solutions and hopeful direction to transform the mental health system. ❖

The Three Most Recent Antipsychotics approved by the FDA

Fanapt (Iloperidone) - Vanda Pharmaceuticals, May 2009
Invega (Paliperidone) - Janssen Pharmaceuticals, April 2007
Abilify (Aripiprazole) - Otsuka, November 2002

COURT EDUCATION PROGRAM on Mental Illness

NAMI Ventura County announces two new classes for its Court Education Program (CEP), designed specifically for those working in the legal system. This unique class is presented from the perspective of the clients and their families and teaches about the various mental illnesses including schizophrenia, bipolar disorder, major depression, symptoms, treatments, medications, communicating when someone is delusional or experiencing psychosis, conservatorships, and much more.

The trained four-person teaching team includes a client, two family members, and an attorney - all of whom who have first-hand experience with mental illness.

Who should attend: judges, lawyers, defense attorneys, prosecutors, public defenders, county counsel, conservators, law students, court personnel, probation officers, paralegals and anyone serving people with mental illness who come into contact with the criminal justice system.

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

Class 1: Fridays October 2 & 9, 12:00 to 4:00 pm

Class 2: Fridays November 6 & 13, 12:00 to 4:00 pm

Classes will be held at the Ventura College of Law, 4475 Market Street, Ventura, California.

The class fee is \$50.00. Lunch provided both days.

Here are some comments from those who have attended previous CEP classes:

- *Very helpful and educational. Each part could be a day long discussion*
- *Good information, broad scope, worthwhile*
- *Great. Should be advertised better*
- *Very informative from the family perspective*
- *Extremely well thought out...amazing amount of knowledge*
- *Very educational - should be held more often*

Sign up today! Space is limited! Call 805-641-2426 ❖

Donate your Car -- Cars 4 Causes

Donate your used car, truck, boat, RV, or motorcycle and help NAMI Ventura County raise much needed funds for our programs - and get an IRS tax deduction at the same time!

Call Cars 4 Causes at 1-800-766-CARE or 1-800-766-2273, or go to: www.cars4causes.net

Be sure to designate NAMI as the charity of your choice by providing the information below:

Charity Name: NAMI Ventura County

Address: P.O. Box 1613, Camarillo, CA 93011-1613

Telephone: (805) 641-2426 ❖

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; open to all clients.

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. Open to all TAY clients.

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

- the program is open to all clients.
- 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.

CLUBHOUSE

Turning Point Foundation's two community rehabilitation centers offer unique socialization activities and rehabilitation services.

Open only to VCBH clients.

Oxnard Clubhouse, 426 W. Fifth Street, Oxnard
Tel: (805) 247-0750

Open Monday through Friday, 9 am to 2 pm

New Visions Clubhouse, 1065 E. Main Street, Ventura
Tel: (805) 652-0596 ❖

PROVIDER EDUCATION PROGRAM

For all mental health professionals including psychiatrists, psychologists, nurses, case managers, therapists, social workers, psychiatric technicians, drug and alcohol counselors, residential care givers, job counselors, and all those who serve individuals with mental illness. See our website for more information.

Continuing education credits (30 hours) are available at no charge for MDs, RNs, LVNs, Psychologists, MFTs, LCSWs, CAADEs.

Class Begins: September 16, 2009

10 Wednesdays, 6:00 pm to 9:00 pm

Location: Training Room, Ventura County Behavioral Health, 1911 Williams Drive, Oxnard, CA 93036

Sign up today! Space is limited! Call: 805-641-2426 ❖

eScrip - HELP NAMI's fundraising efforts

with "NO OUT OF POCKET COST TO YOU."

How can you beat that!!

Register your Vons, Safeway or Pavilions Grocery Club Card with eScrip. Then whenever you use the registered card, a portion of your purchases are automatically donated to our group! Last year the top five supporters helped NAMI raise \$569.09, with their everyday grocery and other shopping activities. If we can get 500 supporters like you to register your card, we could raise over \$50,000! 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. Use your card as usual for your purchases, and NAMI will receive a contribution from the merchant.
3. Your purchases are available to you online, allowing you to see just how much you are earning on our behalf.

Just visit www.escrip.com and Sign In or Sign Up. You can also learn about other ways to help raise funds for NAMI through eScrip. Our **Group Name is NAMI Ventura County and our Group ID is 5564290.**

Encourage family and friends to sign up as well.

If you prefer we sign you up, just call us and give us:

1. Your Vons, Pavilions or Safeway Grocery Club Card number
2. Name and address of the card holder
3. Optional - Phone # and email address ❖

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Casa De Esperanza & ME

by Stephanie Bergmann

Out in the town of Camarillo, located in the fields of gold, there's a great organization where a new star can be born each day. It's called Casa De Esperanza. This place is a home and rehab for teens and other adults who have physical and emotional problems or even need a new start in life. What I like about this place is that if you come in without medical or dental insurance there is always someone who can help or give you advice on your needs. We even have a couple of doctors on site who will prescribe medications or things you need help with. There are family therapy sessions, AA & NA meetings you can attend on Fridays at 7 pm by a man named Gary. He will help you straight down to the bottom of the case. If you need help finding a job or preparing for an interview, there is always someone to help. I recommend to every adult out there that there is a place you can go for help.

What our everyday living is waking up to the community

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 and Thursdays 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 or email depressiongroup@mindspring.com

Friendship Line: Telephone support is available to clients on weekend nights. The Friendship Line offers a friendly voice when you are lonely or having a hard time. Open Fridays, Saturdays, Sundays and Mondays, 7 pm to 10 pm. Each call is limited to 15 minutes, with a maximum of 2 calls per night.
Toll Free: 1-877-672-AWRC (1-877-672-2972)

This Confidential Friendship Line is staffed by Peer Support Specialists from the Adult Wellness & Recovery Center.

of society. Thanks to the staff here at the Casa, I have found that there is a difference out there. Without them I couldn't have gotten to the place that I wanted to be. I know what it's like waking up in jail or even living on the streets. It's a hard world out there as you know, but I don't let it get in my way.

I've been here at the Casa since November of 2008, currently still trying to better myself. Thanks to my family, good friends, my boyfriend and my staff, I'm not on the streets. I came here because I know about alcoholic addictions, taking drugs, and unable to say the word NO because of you wanting to fit in with the crowd, and having trouble in school.

Ladies and lads, there is hope out there. Today on August 22 2009, I'm still here at the Casa and doing OK. I'm currently enrolling to become a dental assistant and hoping to get my own place again.

Let me tell you (SIGH). I tell myself to keep my head up and just try. Everyone is different. If they were the same, the world would be OK; but I would rather be different.

Please say this prayer with me that I learned from a good friend:

"Lord grant me the Serenity to accept the things I cannot change...

Courage to change the things I can, and Wisdom to know the difference...

Keep coming back; it works if you work it..."

Please tell yourself this prayer every day when you wake and when you go to bed.

Thanks to all the young lads and ladies out there who are reading my column. The lord is by your side whether you believe it or not. ❖

NAMI FAMILY SUPPORT GROUPS

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**

Main Number, STAR Program: **(866) 998-2243**
(Screening, Triage, Assessment & Referral)

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**

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 FALL CLASSES

Sign up now – call or email

For more information, see inside or go to www.namiventura.org

FAMILY TO FAMILY PROGRAM

WESTLAKE VILLAGE

Class begins: August 27, 2009
12 Thursdays, 6:30 pm to 9:00 pm

VENTURA

Class begins: September 2, 2009
12 Wednesdays, 6:30 pm to 9:00 pm

SIMI VALLEY

Class begins: September 21, 2009
12 Mondays, 6:30 pm to 9:00 pm

PROVIDER EDUCATION PROGRAM

OXNARD

Class begins: September 16, 2009
10 Wednesdays, 6:00 pm to 9:00 pm

COURT EDUCATION PROGRAM

VENTURA

Classes begin: October 2 or November 6, 2009
2 Fridays, 12:00 pm to 4:00 pm