

MEMBERSHIP

Membership entitles you to local, state and national NAMI Newsletters. Memberships increase NAMI's ability to form support groups, offer classes and advocate more effectively on behalf of persons suffering from neurobiological brain illnesses.

- | | | |
|--------------------------|-------------------|----------------------------------|
| <input type="checkbox"/> | Gold | \$100 |
| <input type="checkbox"/> | Silver | \$50 |
| <input type="checkbox"/> | Family | \$40 |
| <input type="checkbox"/> | Single | \$30 |
| <input type="checkbox"/> | Peer | \$5 |
| <input type="checkbox"/> | New | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> | Donation \$ _____ | |

Make checks payable and mail to:
NAMI Ventura County
P.O. Box 1613, Camarillo, CA 93011

Name: _____

Address: _____

Email: _____

Phone: _____

"Open-Door Membership"
Individuals with limited income
may join at a reduced rate.

Mailing Address:

NAMI Ventura County
Post Office Box 1613
Camarillo, CA 93011-1613

Telephone:

(805) 641-2426

Website:

www.namiventura.org

E-mail Address:

namiventura@gmail.com

NAMI Ventura County
(National Alliance on Mental Illness)
was founded in 1981 by family members,
and has operated as a 501(c)(3) organization
since August 1983.

July 2010



VENTURA COUNTY

A grassroots, self-help organization providing
SUPPORT
EDUCATION
ADVOCACY

FAMILIES

JUST LIKE YOURS ...

**Learning to live with
brain disorders**

**National Alliance
on
Mental Illness**

NAMI Ventura County OFFERS:

- **Free Family-to-Family Education programs** – call (805) 641-2426 to register, and learn times and locations in English and Spanish.
- **Free General Meetings at 7:00 p.m. the second Tuesday of the month**
St. Columba's Episcopal Church
1251 Las Posas Road, Camarillo.
Various speakers present information followed by a question and answer format.
- **Free Care and Share support groups:**
 - **Camarillo** 5:30 pm, 2nd Tuesday
St. Columba's Episcopal Church,
1251 Las Posas Road.
 - **Thousand Oaks** 7:00 pm , 3rd
Monday at 72 Moody Court.
 - **Ventura** 6:30 pm, 1st and 3rd
Wednesday at College United Methodist
Church, 4300 Telegraph Road.
- **Free Provider Education Program Trainings** – call (805) 641-2426 to Register and learn times and locations. Trainings are for mental health providers or those working in the “helping” professions.

A FEW FACTS

Severe Mental Illnesses ...

... **are biological brain disorders** that interfere with normal brain chemistry.

... **include schizophrenia, bi-polar disorder, major depression, and obsessive-compulsive disorder.**

... **are often genetic**; life stresses may trigger the onset of symptoms.

... **are very common.** In one year, approximately 25 million Americans are affected (and more than 7.5 million children and adolescents).

... **are often devastating** to the person and their families, affecting all members.

... **are equal opportunity diseases**, striking families from all walks of life, regardless of age, race, income, religion, or education.

... **affect one's thinking, feeling, and ability to relate to others**, reducing the ability to live a normal life.

... **are treatable.** Appropriate medical care and rehabilitation enable many people to **recover enough to live productive lives**

... **are not anybody's fault!** They are not caused by poor parenting or weak character.

... **are not hopeless!** Although these illnesses present difficult challenges, help is available.

EDUCATION

Family-to-Family Education programs:

12-week classes for families and friends of individuals with severe and persistent mental illness. Basic education and skills training is given, as well as practical and emotional support, in order to assist individuals in the role of primary caregivers.

- ◆ **General Meetings** deal with various topics:
 - ◆ Understanding mental illness
 - ◆ Identifying and evaluating treatment options
 - ◆ Understanding psychiatric medications and their side effects
 - ◆ Using the public system of mental health care
 - ◆ Finding and using public benefits such as conservatorship
 - ◆ Learning how to recognize emergencies and ask for help
 - ◆ Meeting one's own needs and those of other family members

NAMI Ventura County is dedicated to improving the lives of all those affected by serious mental illness.

This includes mental health consumers diagnosed with a mental illness; their family members, relatives and friends; mental health professionals; and all who share NAMI's vision and mission.