

BEHAVIORAL HEALTH ADVISORY BOARD  
**TRANSITIONAL AGE YOUTH (TAY) COMMITTEE**  
**MINUTES ■ Thursday, February 28, 2019**

<p><b>Members Present</b>  Margaret Cortese, Committee Chair  Jerry Harris, BHAB Chair  Ratan Bhavnani, BHAB  Anna Guerin, Casa Pacifica  Georgia Perry, NAMI</p> <p><b>Others Present</b>  Monique Garcia, BHAB  Gina Petrus, BHAB  Monica Vergara, Interface  Anthony Marron, TAY Tunnel  Cindy Douth, Telecare VIPS  Michelle Samuelson, Telecare  Ryan Boye, Department of Rehabilitation  Mark Stadler, Crisis Intervention Team (CIT)  Jennifer Harkey, County Executive Office/Continuum of Care  Lorena P. Güereca, Vista Real Charter High School  Michelle Morgan, CASA  Teresa Romney, CASA  Jesus Cisneros  Vincent Sosapavon, HSA/CFS</p>	<p><b>Ventura County Behavioral Health (VCBH) Staff Present</b>  Sara Sanchez, Transitions Manager  Briana Crickelair, Transitions Clinic Administrator  Greg Bergan, Mental Health Services Act (MHSA)  Pam Roach, Transformational Liaison  Edith Pham, BHAB Assistant</p> <p><b>NEXT MEETING:</b>  <b>Thursday, March 28, 2019, 10:30 – 12:00 p.m.</b></p> <p>Ventura County Behavioral Health  1911 Williams Drive, Lake Tahoe Room (second floor), Oxnard</p>
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Note: The committee has not yet approved these minutes. There may be additions/deletions or corrections before the minutes are accepted in final form.

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	<b>Call to Order</b> Chair Margaret Cortese called the meeting to order at 10:30 a.m.		
II.	<b>Approval of the Agenda</b> Ms. Cortese asked the Committee to review and approve today's agenda. Ratan Bhavnani moved to approve, Jerry Harris seconded. The motion passed unanimously.	The agenda was approved as written. <b>M/S/C</b>	
III.	<b>Approval of the Minutes</b> Ms. Cortese asked the committee to review and approve the minutes of the November 29, 2018 meeting. Sara Sanchez moved to approve, Anthony Marron seconded. The motion passed unanimously.	The minutes were approved as written. <b>M/S/C</b>	
IV.	<b>Welcome and Introductions</b> Ms. Cortese welcomed everyone and asked for introductions.		
V.	<b>Chair Announcements</b> Ms. Cortese noted that this is her first BHAB TAY Committee meeting, and she is looking forward to learn with all present.  Mr. Bhavnani noted that the previous Chair, Kay Wilson-Bolton, has resigned from the BHAB to focus on the homeless in Santa Paula.		
VI.	<b>Public Comments</b> None.		
VII.	<b>Presentation: Court-Appointed Special Advocate (CASA) – Teresa Romney, Executive Director, and Michelle Morgan, Program Manager</b> CASA is a national organization that serves foster youth. In Ventura County, ten staff and over 200 volunteers serve about 350 children. CASA volunteers are appointed by the court. They advocate for the children they are paired with and provide continuity in the children's lives. They remain with the same children for at least 12 to 18 months and can stay on for many years. CASA is in the early stages of providing support for youth on probation. See attached for details.		

VIII.	<p><b>New Business</b>  Appoint/Remove Committee Members  Ms. Cortese appointed as members of the BHAB TAY Committee:</p> <ul style="list-style-type: none"> <li>- Gina Petrus, BHAB member</li> <li>- Monique Garcia, BHAB member</li> <li>- Cathi Nye, Ventura County Office of Education</li> <li>- Ryan Boye, Department of Rehabilitation</li> <li>- Laura Estrada, Human Services Agency, Children and Family Services</li> <li>- Lorena Güereca, Vista Real Charter High School</li> <li>- Cindy Douth, Telecare</li> </ul> <p>Ms. Cortese removed Jiann Pemberton of CFS as she no longer attends the meetings.</p>		
IX.	<p><b>Old Business</b>  Develop Action Plan  Mr. Harris reminded all that the Action Plan helps the committee stay focused on its objectives.</p> <p>The committee reviewed the Action Plan as of 2/20/19. After a robust discussion, information was added to the document:</p> <ul style="list-style-type: none"> <li>- Step 1: Greg Bergan, Sara Sanchez and Georgia Perry will review the Mental Health Services Act (MHSA) Needs Assessment and extract data and narrative related to the TAY population.</li> <li>- Step 2, meant to give a voice to TAY regarding their needs and suggestions: Anthony Marron agreed to organize a focus group that will, in part, be asked to validate the results of the MHSA Needs Assessment.</li> <li>- Step 3: not discussed due to time constraints.</li> </ul>	<p>Gather data</p> <p>Organize a focus group</p>	<p>G. Bergan, S. Sanchez, G. Perry</p> <p>A. Marron</p>
X.	<p><b>VCBH Transitions Update – Sara Sanchez</b></p> <p>A. The current census at Transitions Oxnard and Conejo clinics is 298.</p> <p>B. VCBH Transitions has developed a new partnership with the Department of Rehabilitation (DOR) and PathPoint. It allows TAY clients to get connected to DOR and to PathPoint and receive support in obtaining and retaining employment. This partnership will be extended countywide.</p>		
XI.	<p><b>VCBH Alcohol &amp; Drug Program Update – Anna Flores</b>  Ms. Flores was not in attendance.</p>		
XII.	<p><b>Committee Members’ and Participants’ Comments, Activities</b>  Anthony Marron noted that VCBH Transitions and TAY Tunnel will host a Spring Fling on March 28 at the TAY Tunnel.</p> <p>Georgia Perry invited all to participate in the NAMI Golf Tournament on March 15.</p> <p>Lorena Güereca noted that Vista Real has a new campus in Camarillo, at 4001 Mission Oak Blvd, Suite E. She invited all to an open house on March 15, 11:30 a.m. to 2:00 p.m.</p> <p>Cathi Nye noted that she participated in a webinar on helping homeless students go to college. She will reach out to local high schools to help this specific student population navigate the process of getting admitted to one of the local community colleges.</p>		
XIII.	<p><b>Items for Next Meeting Agenda</b>  Continue the discussion on the committee’s Action Plan.</p>		
XIV.	<p><b>Adjourn</b>  The meeting adjourned at 12:05 p.m.</p>		

**MESA CONSULTIVA DE BEHAVIORAL HEALTH  
COMITÉ DE JÓVENES EN EDAD TRANSICIONAL (TAY)  
MINUTAS ▪ Jueves, Febrero 28, 2019**

<p><b><u>Miembros presentes</u></b> Margaret Cortese, Presidenta del Comité Jerry Harris, BHAB Chair Ratan Bhavnani, BHAB Anna Guerin, Casa Pacifica Georgia Perry, NAMI</p> <p><b><u>Otros presentes</u></b> Monique Garcia, BHAB Gina Petrus, BHAB Monica Vergara, Interface Anthony Marron, TAY Tunnel Cindy Douth, Telecare VIPs Michelle Samuelson, Telecare Ryan Boye, Departamento de Rehabilitación Mark Stadler, Equipo de Intervención en Crisis (CIT) Jennifer Harkey, Oficina Ejecutiva del Condado/Continuum of Care Lorena P. Güereca, Vista Real Charter High School Michelle Morgan, CASA Teresa Romney, CASA Jesus Cisneros Vincent Sosapavon, HSA/CFS</p>	<p><b><u>Personal de VCBH presente</u></b> Sara Sanchez, Gerente de Transiciones Briana Crickelair, Gerente de la Clínica de Transiciones Greg Bergan, Mental Health Services Act (MHSA) Pam Roach, Transformational Liaison Edith Pham, BHAB Asistente</p> <p><b>SIGUIENTE JUNTA:</b> <b>Jueves, 28 de marzo de 2019, de 10:30 a 12:00 p.m.</b></p> <p>Ventura County Behavioral Health 1911 Williams Drive, Salón Lake Tahoe (Segundo Piso), Oxnard</p>
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Nota: El comité aún no ha aprobado estas actas. Puede haber adiciones / eliminaciones o correcciones antes de que se acepten las actas en su forma final.

	DISCUSIÓN / CONCLUSIONES	RECOMENDACIONES /	DISCUSIÓN / CONCLUSIONES
I.	<b>Llamar al orden</b> LA presidente Margaret Cortese inició la reunión a las 10:33 a.m.		
II.	<b>Aprobación de la Agenda</b> La Sra. Cortese pidió a la Comisión para revisar y aprobar el orden del día de hoy. Ratan Bhavnani hizo la moción para probar, Jerry Harris secundó. La moción fue aprobada por unanimidad.	La agenda del día fue aprobada como está escrita. <b>M/S/C</b>	
III.	<b>Aprobar las minutas</b> La Sra. Cortese pidió a la Comisión revisar y aprobar el Acta de la reunión del 29 de noviembre de 2018. Sara Sánchez hizo la moción para aprobar, Anthony Marron secundó. La moción fue aprobada por unanimidad.	Las minutas fueron aprobadas tal como están escritas. <b>M/S/C</b>	
IV.	<b>Bienvenida y presentaciones</b> La Sra. Cortese dio la bienvenida a todos y pidió presentarse.		
V.	<b>Anuncios del Presidente</b>  La Sra. Cortese señaló que esta es su primera reunión del Comité de TAY BHAB, y ella está concentrando en el futuro para aprender con todos los presentes.  El Sr. Bhavnani señaló que el presidente anterior, Kay Wilson-Bolton, ha dimitido de BHAB para centrarse en las personas sin hogar en Santa Paula.		
VI.	<b>Comentarios del público</b> Ninguno.		
VII.	<b>Presentación: Programa de Defensor Especial Designado por el Tribunal (CASA) – Teresa Romney, Directora Ejecutiva, y Michelle Morgan, Gerente del Programa</b> CASA es una organización nacional que sirve a jóvenes. En el Condado de Ventura, diez y más de 200 voluntarios sirven a unos 350 niños. Voluntarios de la CASA son nombrados por el Tribunal. Abogan por los niños que están emparejados con familias y dan continuidad en la vida de los niños. Permanecen con los mismos niños durante al menos 12 a 18 meses y pueden permanecer por muchos años. CASA está en las primeras etapas de apoyo a la juventud en la libertad condicional. Ver anexo para detalles.		

VIII.	<p><b>Nuevos Asuntos</b></p> <p>Designar / Eliminar Miembros del Comité  La Sra. Cortese designada como miembro del Comité BHAB TAY:</p> <ul style="list-style-type: none"> <li>- Gina Petrus, miembro de la BHAB.</li> <li>- Monique Garcia, miembro de BHAB</li> <li>- Cathi Nye, Oficina de Educación del Condado de Ventura</li> <li>- Ryan Boye, Departamento de Rehabilitación</li> <li>- Laura Estrada, Agencia de Servicios Humanos, Servicios para Niños y Familias.</li> <li>- Lorena Güereca, Vista Real Charter High School</li> <li>- Cindy Douth, Telecare</li> </ul> <p>La Sra. Cortese eliminó a Jiann Pemberton de CFS ya que ya no asiste a las reuniones.</p>		
IX.	<p><b>Asuntos Anteriores</b></p> <p>Desarrollar plan de acción  El Sr. Harris recordó a todos que el Plan de acción ayuda al comité a mantenerse enfocado en sus objetivos.  El comité revisó el Plan de Acción al 20/2/19. Después de una conversación, se agregó información al documento:</p> <ul style="list-style-type: none"> <li>-</li> <li>- Paso 1: Greg Bergan, Sara Sanchez y Georgia Perry revisarán la Evaluación de Necesidades de la Ley de Servicios de Salud Mental (MHSA) y extraerán datos y narrativas relacionadas con la población TAY.</li> <li>- Paso 2, destinado a darle una voz a TAY con respecto a sus necesidades y sugerencias: Anthony Marron acordó organizar un grupo de opinión, en parte, se le pedirá que valide los resultados de la Evaluación de Necesidades de la MHSA.</li> <li>- Paso 3: no discutido debido a limitaciones de tiempo.</li> </ul>	<p>Reunir datos</p> <p>Organizar un grupo focal</p>	<p>G. Bergan, S. Sanchez, G. Perry</p> <p>A. Marron</p>
X.	<p><b>Actualización de Transitions VCBH – Sara Sanchez</b></p> <p>A. El censo actual en las clínicas Transitions Oxnard y Conejo es 298.  B. VCBH Transitions ha desarrollado una nueva asociación con el Departamento de Rehabilitación (DOR) y PathPoint. Permite que los clientes de TAY se conecten a DOR y PathPoint y reciban asistencia para obtener y retener un empleo. Esta asociación se extenderá a todo el condado.</p>		
XI.	<p><b>Actualización del programa de alcohol y drogas VCBH - Anna Flores</b></p> <p>La Sra. Flores no estuvo presente.</p>		
XII.	<p><b>Comentarios de los miembros del Comité y de los participantes, actividades</b></p> <p>Anthony Marron señaló que VCBH Transitions y TAY Tunnel realizarán un evento de primavera el 28 de marzo en el TAY Tunnel.</p> <p>Georgia Perry invitó a todos a participar en el Torneo de Golf NAMI el 15 de marzo.</p> <p>Lorena Güereca señaló que Vista Real tiene un nuevo campus en Camarillo, en 4001 Mission Oak Blvd, Suite E. Invitó a todos a visitar las instalaciones el día 15 de marzo, de 11:30 a.m. a 2:00 p.m.</p> <p>Cathi Nye indicó que participó en un seminario web sobre cómo ayudar a los estudiantes sin hogar a ir a la universidad. Ella se comunicará con las escuelas secundarias locales para ayudar a esta población estudiantil específica a navegar en el proceso de admisión a uno de los colegios comunitarios locales.</p>		
XIII.	<p><b>Temas para la próxima reunión</b></p> <p>Continuar la conversación sobre el plan de acción del comité.</p>		
XIV.	<p><b>Cierre de la Junta.</b></p> <p>La reunion finalice a las 12:05 p.m.</p>		



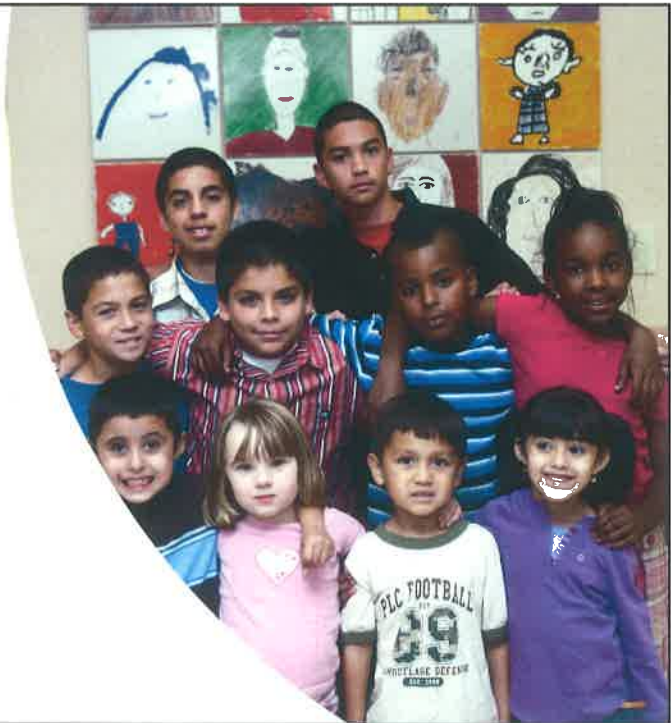
## CASA of Ventura County

*Presented by*  
Teresa Romney, Executive Director  
Michelle Morgan, Program Manager  
February 28, 2019



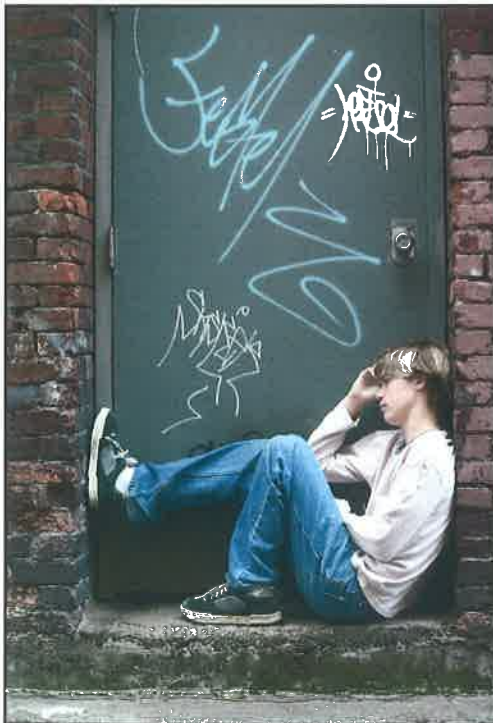
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CASA is a National Organization with around 1,000 programs across the country and over 70,000 Volunteer Advocates who serve 240,000 foster children yearly.



## Mission of CASA of Ventura County

Court Appointed Special Advocates (“CASA”) of Ventura County believes that every court-dependent abused or neglected child should be safe, have permanence and the opportunity to thrive, and have a strong, compassionate Volunteer Advocate.



Children in *our own community* are suffering from

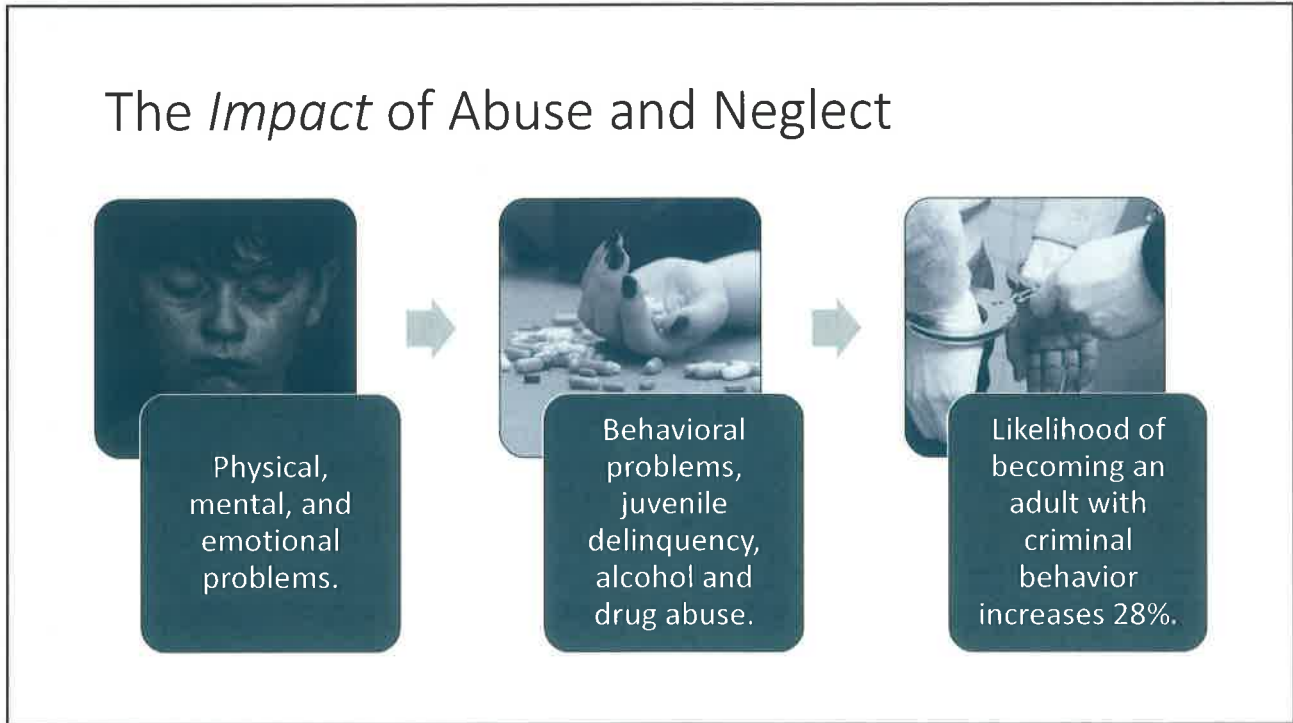
- Abuse
- Cruelty
- Neglect
- Abandonment
- Emotional damage
- Physical harm

**11,377** total calls to report child abuse or neglect in Ventura County in one year\*

Resulting in...

- General Neglect 82%
- Physical Abuse 5%
- Sexual Abuse 3%
- Severe Neglect 3%
- At Risk/Sibling Abused 2%
- Emotional Abuse 1%

\*Apr 1, 2017-Mar 31, 2018. Data Source: Webster, D., Lee, S., Dawson, W., Magruder, J., Exel, M., Cuccaro-Alamin, S., Putnam-Hornstein, E., Wiegmann, W., Saika, G., Eyre, M., Chambers, J., Min, S., Randhawa, P., Sandoval, A., Yee, H., Tran, M., Benton, C., White, J., & Lee, H. (2018). CCWIP reports. Retrieved 8/17/2018, from University of California at Berkeley California Child Welfare Indicators Project website. URL: <[http://cssr.berkeley.edu/ucb\\_childwelfare](http://cssr.berkeley.edu/ucb_childwelfare)>



When a child is displaced from his/her home, new people are introduced into his/her life:

- F**oster parents and group homes
- A**ttorneys and judges
- S**ocial workers and counselors
- T**herapists and CASA Volunteer

AM1

The CASA Volunteer is often the **one, constant adult presence** in a foster child's life.

A CASA Volunteer is a friend, mentor, role model and most importantly, a Volunteer **ADVOCATE**, to ease the chaos of an innocent child's life.



**Ventura County TODAY:**

Children in Foster Care:	700 – 1,000
Appointees on Waitlist:	368
Appointees Served:	318
Advocate Volunteers:	223



Who do we  
advocate for?

- Ages 5-18 (school age)
- Ages 18-21
- Ages 0-5



1. Application
2. In-Person interview
  - Initial background check
  - Three personal references
3. 40 hour training
  - Live Scan
  - Courtroom procedures
  - Law
  - Cultural/ethnic sensitivity
  - Resources
4. Sworn in as Officer of the Court

Becoming a Volunteer Advocate

## Training Timeline

It takes at least 2-3 weeks from the time you submit your Volunteer Application to complete the process and be accepted to the training

The entire process including application, interview, references, and preliminary background check and acceptance must be complete 2 weeks before the training session begins

\*timeline is dependent on receiving all background check information and references



## Once You're a Sworn-In Advocate...

- Matched with child or youth
- Serve child for a minimum of 12-18 months, however, our expectation is for volunteer to stay to the close of the case
- 12-15 case related hours per month with the child and/or his/her service providers
- Prepare monthly Progress Notes and Activity Sheets
- Draft court reports every six months
- Attend court hearings for the child every six months
- Communicate with your CASA Supervisor regularly
- Complete 12 hours per year of Continuing Education

## Foster Children who have CASA Volunteer Advocates...

- Will have their rights protected by you
- Obtain needed services more readily
- Fare better in school
- Have increased likelihoods of finding a safe, permanent home
- Derive the reward of knowing that their CASA's recommendations are seriously considered by the Juvenile Dependency Court



Don't have time to commit to  
being a volunteer?

Other Ways to Help

## Other Ways to Help: Friends of CASA

- The mission of Friends of CASA is to plan and implement events, programs and projects that raise funds in support of CASA of Ventura County and enhance the public's understanding and support of CASA.
- May work on onetime events
- Meetings are held one evening a month, typically on the first Wednesday.



## Other Ways to Help: Outreach and Communications Committee

- The mission of the Outreach and Communications Committee is to raise awareness of CASA of Ventura County through various types of speaking opportunities, marketing strategies, and staffing informational booths at local events.
- Meetings are held bimonthly, typically on the fourth Wednesday.



Other Ways to Help:  
Donations

Costs \$2,400/year to support an Advocate + child(ren) relationship

*"To give a child a CASA is to give them a voice. To give them a voice is to give them hope, and to give them hope is to give them the world."*

- Pamela, former foster youth

For more information:

CASA of Ventura County  
PO Box 1135  
Camarillo, CA 93011  
(805) 389-3120  
info@casaoventuracounty.org  
www.casaoventuracounty.org

Donate • Volunteer • Get Involved



# COUNTY OF VENTURA – BEHAVIORAL HEALTH ADVISORY BOARD

## ACTION PLAN – TAY Committee

As of 2/20/19

**OBJECTIVE TITLE:** Advocate for and update availability of TAY services related to work and volunteer opportunities and justice system

**SPECIFIC OBJECTIVE:** Identify strategies, including advocacy, to address gaps in services for the TAY population related to mental health and substance abuse treatment, work and volunteer opportunities, and the child welfare and justice systems.

**KEY INDICATORS:** 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_

**ACCOUNTABILITY:** \_\_\_\_\_ **TARGET COMPLETION DATE:** \_\_\_\_\_

	ACTION STEPS	START DATE	COMPLETION DATE	ACCOUNTABILITY	ACTION STEP ON TARGET	ACTION STEP DELAYED*	STATUS
1.	MHSA Needs Assessment, review report						
2.	Focus Groups, enhancement of schedule, maybe every 6 months						
3.	Use social media to disseminate to and engage TAY						

\* Explain project delays in status column, revise target dates as required, and state actions required to overcome/remove obstacle(s).

*You are invited  
to come and join*

*VCBH Transitions Program and  
Pacific Clinics TAY Tunnel*

*in hosting a*

## *Spring Fling*

**Date:** March 28, 2019

**Time:** 1:00 pm -3:00 pm

**Location:** TAY Tunnel

*141 West Fifth Street Ste. D  
Oxnard, CA 93030*

**RSVP by March 22<sup>nd</sup> to TAY Tunnel**

Contact: Asencion Romero [asromero@pacificclinics.org](mailto:asromero@pacificclinics.org) or 805-240-2538

**Transportation provided reserve a spot now  
with TAY Tunnel or Transitions front desk**



There will be fun activities to participate in and delicious food.

We hope to see you there!

 **NAMI Ventura County**  
**National Alliance on Mental Illness**  
**Golf Tournament**

**Live Auction!**  
**-Including Sherwood Golf Package**

**Silent Auction!**  
**Multiple Amazing Items**

River Ridge  
at  
Victoria Lakes Course  
March 15, 2019

7:00 am.....Check-In  
8:15 am.....Shotgun Start  
2401 West Vineyard Avenue  
Oxnard, CA 93036

**Make A Hole-In-One And Win A Brand New Chevrolet Car!**



Hosted By:  **NAMI Ventura County**  
**National Alliance on Mental Illness**



To register please visit our website!

[www.namiventura.org](http://www.namiventura.org)

For any further questions please call  
(805)641-2426

*NAMI Ventura County is a 501(c) (3) Non-Profit Organization, Tax ID Number: 77-0037450*

**NAMI Ventura County National Alliance on Mental Illness**  
P.O. Box 1613, Camarillo, CA 93011-1613  
Tel: 805.641.2426 Email: [namiventura@gmail.com](mailto:namiventura@gmail.com) Website: [www.namiventura.org](http://www.namiventura.org)

# Contact Us:

## Mailing Address:

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

## Office Address:

555 Airport Way Suite F,  
Camarillo, CA 93010

## Telephone:

Resource Line: (805) 500-NAMI  
Office: (805) 641-2426

Email: [info@namiventura.org](mailto:info@namiventura.org)

For More Information Visit:

[www.namiventura.org](http://www.namiventura.org)

Scan the QR symbol with your phone to get  
Information at your fingertips.



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



# Membership:

Membership entitles you to local, state, and national  
NAMI newsletters. Join online or please return this  
form to NAMI Ventura



## Join

Membership Level: **online**

Household \$60  
Individual \$40  
**now!**

Open Door \$5 [www.namiventura.org](http://www.namiventura.org)

I would like to **Make A Donation of \$** \_\_\_\_\_  
in addition to my membership.

I would like to Donate \$ \_\_\_\_\_ monthly to  
become a Mental Health Hero.

Please bill my **Credit Card**:

Card Number: \_\_\_\_\_

VISA · MC · AmEx

Exp. Date \_\_\_\_ / \_\_\_\_ CVV Code (Back of Card) \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

This Membership is: \_\_\_\_\_ New \_\_\_\_\_ Renewal

**\*Individuals with limited income may join at a  
reduced rate\***

*Memberships allow NAMI to form support groups,  
offer classes, and effectively advocate for your friends,  
family and neighbors suffering from neurological  
brain illness.*



National Alliance on Mental Illness

## Ventura County

A grassroots, self-help organization providing  
SUPPORT, EDUCATION, & ADVOCACY



**HELPING FAMILIES  
LIKE YOURS  
LEARN ABOUT  
&**

**LIVE WITH  
MENTAL  
ILLNESS**

## A Few of the OFFERINGS:

- ◆ **Family Support Groups**  
Gain tools to care for yourself and loved one, as well as insight into mental illness. This group is designed for family members of people living with a mental illness. Family Support Groups are available in English and Spanish. *Call (805) 500-NAMI or visit [namiventura.org](http://namiventura.org) support group times and locations.*
- ◆ **NAMI Connection**  
Find respect, understanding, encouragement and hope in a casual atmosphere. This support group is for the community of people diagnosed with mental illness. *Call (805) 500-NAMI or visit [namiventura.org](http://namiventura.org) for times and locations.*
- ◆ **Family-to-Family Education Program**  
Learn skills to problem solve, communicate effectively, and manage crises in this 12-week class for families and friends of individuals with severe and persistent mental illness. In addition to education and skills training, you will also find support from people with shared experiences. This classes is available in English and Spanish. *Register online at [namiventura.org](http://namiventura.org) or call (805)641-2426.*

All NAMI Ventura County Programs are Free of Charge.

Become a member, to Support NAMI Ventura County.

See Reverse Side for Information.

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

**Resource Line (805)500-NAMI**  
*Call for information, resources, and support.*

- ◆ **General Meetings**  
Join us on the second Tuesday of the month at 7pm to hear expert speakers present information. Presentations are followed by a question and answer segment. *Call (805) 500-NAMI or visit [namiventura.org](http://namiventura.org) for locations and speaker information*
- ◆ **Provider Education Program**  
A class designed for mental health providers or those working with individuals living with mental illness. This course provides insight into the consumer and family experience dealing with mental illness. *Register online at [namiventura.org](http://namiventura.org) or call (805)641-2426.*
- ◆ **Speakers Bureau**  
In Our Own Voice features trained presenters living with diagnosed mental illness. These presenters are living in recovery and speak candidly about their darkest days and the hope of recovery. Other presentations can be tailored to fit your groups needs. *To schedule, call (805) 641-2426.*
- ◆ **School Programs**  
In Our Own Voice features trained presenters with a diagnosed mental illness living in recovery. They speak candidly about their dark days and hope of recovery. Ending The Silence is a 50 min. classroom presentation facilitated by trained presenters. Through this dialogue we can help grow the movement to end stigma. *Call (805)641-2426*

## A Few Facts.

### Severe Mental Illnesses

- ... **are biological brain disorders** that interfere with normal brain chemistry.
- ... **include** Schizophrenia, Bipolar Disorder, Major Depression, and Obsessive Compulsive Disorder among many others.
- ... **are often genetic.** Life stresses may trigger the onset of symptoms.
- ... **are very common.** In one year, approximately 25 million Americans are affected by some form of mental illness. That statistic includes more than 7.5 million children and adolescents.
- ... **are frequently devastating** to the person as well as their families and friends. Mental illness affects all family members.
- ... **are equal opportunity diseases,** striking families from all walks of life regardless of age, race, income, religion, or education.
- ... **affect thinking, feeling, and the ability to relate to others,** reducing the ability to live a normal life.
- ... **are treatable.** Appropriate medical care and rehabilitation enable many people to gain enough recovery to live productive lives.
- ... **are not anyone's fault!** They are not caused by poor parenting or weak character.
- ... **are not hopeless!** Although these illnesses present challenges, help is available and there is hope for recovery.

ENROLL NOW!



# HIGH SCHOOL DIPLOMA PROGRAM

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- For Students Ages 14-24
- Personalized Learning
- Set Your Own Schedule
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**Join Us: Grand Opening**  
March 15, 2019  
11:30 a.m. - 2:00 p.m.

