



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 2 Number 3, May, 2006

Our Mission

"NAMI Tri-Valley in collaboration with other community agencies and organizations provides information and referrals to resources, education programs and advocacy support to consumers and families."

Board of Directors

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Art Tenbrink, MS LMFT

Medicare Part D; Making Sense of Nonsense

by Jennifer Garrison

Dr. Doug DelPaggio, PharmD, MPA and Director of Pharmacy Services of the Alameda County Behavioral Health Care Services brilliantly and eloquently helped all those in attendance make sense of Medicare Part D . . . a program that truly makes no sense to anyone. The program was flawed from the beginning and the execution has been disastrous. As of January 1st all those with dual eligibility (both Medicare and MediCal) were refused drugs or charged outrageous amounts for them. Luckily for these individuals our governor stepped in and released emergency funds as a stopgap measure to hold over these mostly mental ill patients. Unfortunately very little progress has been made to fix the system since January, and the emergency funds run out on May 15th. This is a very scary time for those affected, come May 15th they may not be able to get their medications. Or, they may have to be switch to "approved" medications that may or may not work for them. The major concern of Dr. DelPaggio and others is that this new law will lead to more hospitalizations. Writing your state and national officials can possibly help with getting more funds released or getting the program overhauled. So please get involved, and help those that cannot always help themselves.

Medicare Part D:

...is disastrous legislation that needs to be fixed

...may not cover all your medication needs

...has flaws that we can change by writing to Congress

...is complex and confusing. Visit www.acbhcs.org/ for up-to-date news

...needs your input to become the effective program you deserve

President's Outlook

Our Growing Board, Medicare Part D; May Is Mental Health Month

I would like to acknowledge the growth of NAMI Tri-Valley Board. Two new members have joined us — Robert Villanueva as co-president and Francine Radojevich as assistant treasurer. Additionally, NAMI Tri-Valley welcomes Suzi Glorioso who is interested in starting a support group in our area for parents of children diagnosed with bipolar disorder. Thank you to all of the board and committee chairs for their dedication and time.

On April 3, NAMI Tri-Valley presented guest speaker Doug DelPaggio, PharmD, MPA. Doug is Director of Pharmacy Services for Behavioral Health Care Services in our county. Doug gave an informative update on Medicare Part D and what we're experiencing county wide, as well as both the state and national perspectives. Jennifer Garrison has written an excellent review of the presentation in this issue.

Monday May 1, Margaret Walkover, Senior Mental Health Services Act Planner for Alameda County will talk about the upcoming Consumer Support Center. Please join us for a very important talk on May 1 at the Livermore Library from 7:00 to 9:00 pm (presentation is from 7:30 to 8:30 with refreshments to follow).

May is Mental Health Month and NAMI Tri-Valley has collaborated with the Valley Council on Mental Health to present a display about mental health information and resources at the Livermore Library. For the entire month of May, the display will reside at the main hall.

See you at the NAMI Tri-Valley general meeting on May 1.
Marsha McInnis,
President, NAMI Tri-Valley

On The Bookshelf

by Carole Koslosky

“Twitch and Shout A Touretter's Tale”

by Lowell Handler

This memoir takes us inside the mind of a person with Tourette's Syndrome. The author gives an outstanding view of a person with Tourette's. He creates a very clear picture of the feelings from rage to acceptance and then redemption. We walk with him through a Tourette-influenced life as he helps others with the same affliction. He has also helped create an Emmy-

nominated documentary based on this same subject matter.

It gave me a better outlook on what exactly Tourette's Syndrome is and how it can affect someone's life and the lives of others. It is a very engaging book that I recommend. As a consumer I believe that we have a responsibility to inform ourselves about the variety of mental illnesses.

CALENDAR

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May 1, 2006

7:00 p.m. to 9:00 p.m.

NAMI Tri-Valley General Meeting

Presentation by

**Margaret Walkover,
Senior Mental Health
Services Act Planner**

1188 So. Livermore Ave., Livermore

Contact: Marsha McInnis

Phone: (925) 980-5331

e-mail: marsha_m@pacbell.net

May 8, 2006

7:15 p.m. to 9:00 p.m.

NAMI Tri-Valley

Family Support Group

Livermore Public Library,

1188 So. Livermore Ave., Livermore

Contact: Marsha McInnis

Phone: (925) 980-5331

e-mail: marsha_m@pacbell.net

May 15, 2006

7:30p.m. to 8:30p.m.

“In Our Own Voice”

St. Clare's Episcopal Church

3350 Hopyard Rd., Pleasanton

Contact: Krista Radojevich

Phone: (925) 560-0842

e-mail: trivalleybipolar@hotmail.com

May 22, 2006

7:00 p.m. to 8:30 p.m.

NAMI Tri-Valley

Family Support Group

St. Clare's Episcopal Church

3350 Hopyard Rd., Pleasanton

Contact: Donna & Russ White

Phone: (925) 455-6901

e-mail: russdonnawhite@comcast.net

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Mark Your Calendar . . .

Saturday, June 3, 2006

NAMI Walk SF Bay Area

Golden Gate Park, San Francisco

Contact: Krista Radojevich

Phone: (925) 560-0842

e-mail: trivalleybipolar@hotmail.com

NAMIWalk 2006: Kick-off Luncheon Celebrated by 250 Members

Free food always attracts a horde of people. But the 250 NAMI Walk supporters would have filed into the San Francisco Conference Center Wednesday March 29 regardless. Despite the blustery weather, a full house of NAMI affiliates from the nine Bay Area counties gathered to hear NAMI Walk 2006 coordinator Dede Ranahan rally the troops with inspiring videos, consumer testimonials, donor well-wishes, and a clear vision of our potential as fundraisers in this campaign.

Needless to say, the darling affiliate in the crowd was our very own NAMI Tri-Valley group as we were introduced as the undeniably lively, active and creative new affiliate. Whoops and hollers erupted from our tables in agreement.

Members were flooded with sponsorship packets, pledge forms, posters, campaign strat-

egies, information sheets about mental illnesses, NAMI brochures, refrigerator magnets, and donation statistics to ramp-up enthusiasm for the cause. However, Dede was preaching to the choir since the affiliate representatives in attendance were eager to preserve their position as the number 1 fundraising venue in the country. Not bad for our first year out of the starting gate.

But it is not really about who is first, second or third in raising money. It is about reaching out to people with NAMI's message about reducing the stigma of mental illness, and promoting understanding, acceptance and hope for recovery. It is working together through NAMIWalk 2006 to fund programs that support individuals and families living with mental illness; that bring about improved opportunities for housing, rehabilitation and jobs; that provide education

about serious mental illnesses; and that increase mental illness advocacy and awareness.

NAMI Tri-Valley currently has two teams; NAMI Tri-Valley Bi-Polar Bears, NAMI Tri-Valley Newbees. You can support these teams by being a walker, making a tax deductible pledge, recruiting more walkers, or starting your own team. If you cannot be at the walk on June 3, you can still collect pledges, direct supporters to one of the teams web site to make on-line donations, or solicit additional walkers to carry your pledges in your absence.

Oh, yes, the food was very good and we especially appreciated getting dessert before the entrée! Thank you NAMI National for the hospitality and support.

For more information go to:

- dranahan@nami.org
- www.namiwalksfbayarea.org
- www.nami.org/namiwalks

ANNOUNCING:

NAMI California Annual Conference 2006 . . . Register Now!

NAMI California's Annual Conference 2006 will be held at the San Francisco Airport Marriott Hotel on August 25th and 26th, 2006. Our theme this year is "California Leads the Way: Mental Health Services Act Brings Hope". For more information, check the NAMI California website at: <http://www.namicalifornia.org/announcements.aspx?id=168>

FU:

for Consumers:

**Depression and Bipolar Support Alliance
DBSA Tri-Valley**

Meets each Wednesday 7:15-8:45
St. Clare's Episcopal Church
3350 Hopyard Rd., Pleasanton
Contact: Krista Radojevich, 925.560.0842
trivalleybipolar@hotmail.com

**Depression and Bipolar Support Alliance
DBSA Castro Valley**

Meets each Friday 7:15-8:45
Eden Hospital Conference Center
Conference Room A, Ground Floor
20103 Lake Chabot Road, Castro Valley
Contact: Jennifer Garrison 925.413.3784
jenn@dbsacastrovalley.org

for Families:

**NAMI Tri-Valley
Support Group**

Meets 2nd Monday of the month 7:15-9:00
Livermore Library
1188 S.Livermore Ave.
Contact: Marsha McInnis, 925.980.5331
marsha_m@pacbell.net

NAMI Family Support Group

Meets 4th Monday of the month
St. Clare's Episcopal Church
3350 Hopyard Rd., Pleasanton
Contact: Russ or Donna White 925.455.6901
russsdonnawhite@comcast.net

May Is Mental Health Month

May is Mental Health month and many activities will be held throughout the county. Locally, the Valley Council on Mental Health will pair up with NAMI Tri-Valley to present a display in the main hall at the Livermore Public Library. The theme this year is Well-ness and Recovery. There will be information on where to seek help and support as well as how to become involved in the community.



NAMI is a non-profit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and other severe anxiety disorders, autism and pervasive developmental disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain.

Brainstorm is published by NAMI Tri-Valley, an affiliate of NAMI National and NAMI California

Membership Application NAMI Tri-Valley

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

- General \$35
- Consumer \$15
- Professional \$45
- Century \$100

\$ _____ In Memory Of: _____

\$ _____ In Honor Of: _____

\$20.00 of your membership dues is tax deductible. Membership entitles you to receive NAMI Tri-Valley Newsletter "Brainstorm", NAMI California publication "The Connection" and NAMI National "The Advocate".

Send this application form with your check payable to:
NAMI Tri-Valley
1989-A Santa Rita Road PMB 129
Pleasanton, CA 94566