



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 2 Number 5, August/September, 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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marsha_mci@comcast.net

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In Our Own Voice
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Advisory Committee

Daniel Kostalnick, M.D.
Art Tenbrink, MS LMFT
Tony Limperopulous, LCSW

New Support Group For Parents and Caregivers of Children/Adolescents Diagnosed with, or Suspected of Having, Bipolar and Other Mood Disorders

by Suzi Glorioso

Parent Resource and Support Group, a newly-formed support group for parents and caregivers of children/adolescents (ages 4 to 17) diagnosed with, or suspected of having, bipolar and other mood disorders will hold its first meeting at the Pathways to Wellness Clinic at 5674 Stoneridge Dr., Suite 116 in Pleasanton from 7 to 9 PM every first Tuesday of the month, starting on September 5th. The Parent Resource and Support Group is a committee within the National Alliance on Mental Illness (NAMI) Tri-Valley affiliate. Parents and caregivers are welcome and encouraged to attend.

Bipolar disorder is thought to affect over one million children in this country alone, but it is often mistaken for ADHD or depression. It is estimated that one-third of the children who are being diagnosed with attention-deficit disorder with hyperactivity are actually suffering from early symptoms of bipolar disorder. A recent study that examined children who first had bouts of depression reported that almost 50% went on to manifest the bipolar form of the disorder.

The cardinal symptoms of early-onset bipolar disorder are rapid shifts in mood: the child can veer from irritable, easily annoyed, angry mood states to silly, goofy, giddy elation and then just as easily descend into low energy periods of intense boredom, depression, and social withdrawal, fraught with self-recrimination and suicidal thoughts. These abrupt shifts in mood can occur several times a day. Temper tantrums – rages – that go on for protracted periods and during which the child can become very aggressive are also common,

as are grandiose thinking and behavior, racing thoughts, and a decreased need for sleep. These children are very often oppositional and defiant and may suffer severe separation anxiety, night terrors, distractibility, and impulsivity. It is not uncommon for a child to have more than one diagnosis that fall under the mood disorder spectrum.

Some children have co-morbid learning differences and consequently experience difficulties sustaining themselves in various school settings. This often results in school becoming particularly challenging and stressful for all. Education issues such as navigating the special education maze to receive individually appropriate services for their children will be an important focus.

Families dealing with such an ill child can quickly become exhausted, traumatized, and isolated, and this new group intends to provide support, friendship, information and referrals to parents, grandparents, siblings and friends. We are parent-led, informal and provide an open agenda discussion in which parents can tell their stories, trade information, and give and gain support. Occasionally a guest speaker will be featured to provide us with the most current information and enlightened discussion specific to our children's illnesses. We will share books, research articles and attend symposiums to further our knowledge of pediatric bipolar and other mood disorders.

For further information, please contact Suzi Glorioso at (925) 443-1797 or e-mail at glorios4@comcast.net.

President's Outlook

NAMI Tri-Valley is growing by leaps and bounds and with it instant recognition. Thanks to Dede Ranahan, San Francisco Bay Area NAMI Walk Director, Krista Radojevich and NAMI Tri-Valley will receive national attention in the quarterly NAMI Advocate magazine published by NAMI National. Krista is asked to write about her experience at the last NAMI Walk as team captain of the Tri-Valley Bipolar Bears. Additionally, the other two teams, the Brainiacs, led by Mike and Carole Koslosky and the Tri-Valley Newbees will contribute to the effort. Krista will also be videotaped in a 2 to 3 minute interview to talk about NAMI Tri-Valley, which will be integrated into the NAMI Walk 2007 video that is distributed nationally. Thank you Krista!

NAMI Tri-Valley has quickly rooted into our communities and far beyond. This brings to mind the importance of thanking all the people who have devoted their time, insight and understanding toward the importance of educating the public about mental illness. For those who are out delivering newsletters, fliers, information, finding the time in their busy schedules to attend some of the meetings and support groups, you are the real heroes. Without you, the dream to improve lives for consumers and families would not be there.

It surprises me when I think of all the generous past board members who were major players in developing and shaping who we are now. In the beginning, there was a core group planning the birth of a new affiliate and that was only 18 months ago.

There are numerous people to thank such as Catherine Kuo, Jennifer Garrison, and Francine Radojevich. Many thanks to Frank Foster for developing treasurer responsibilities that define how we operate. Conversely, new people have joined to help navigate NAMI Tri-Valley. A gracious thank-you is in order to the board, which is comprised of Robert Villanueva, Co-President, Krista Radojevich, Vice President, Rochelle Margucci, Treasurer, and Suzi Glorioso, Secretary.

The list doesn't stop at board members as we have a dynamic group of leaders that are responsible for a number of committees and programs. NAMI Tri-Valley has a lending library thanks to Carole Koslosky and her ability to trade in used books in order to acquire books on mental health and mental illnesses. Mike Koslosky, who developed the newsletter "Brainstorm" also edits the publication and Jennifer Garrison maintains the website and database. NAMI Tri-Valley has added a new support group, Parent Resource and Support, facilitated by Suzi Glorioso.

A heartfelt thank-you to Donna and Russ White as they have worked tirelessly teaching Family To Family each year and for their dedication facilitating a monthly family/caregiver support meeting.

Krista Radojevich and Robert Villanueva run the In Our Own Voice program in Pleasanton and are California State Trainers, which means they train fellow consumers to speak at In Our Own Voice presentations. I might add that Krista and Robert are the only state trainers in California!

Yes, NAMI Tri-Valley is young and growing, but as Krista aptly wrote recently: "We (NAMI Tri-Valley) may be small in membership numbers, but large in spirit and dedication to making the Tri-Valley a better place for those with mental illness."

Marsha McInnis,
President, NAMI Tri-Valley

AUGUST CALENDAR

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August 7, 2006

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

Monthly General Meeting

Presentation by

Po W. Wang, M.D.,

Senior Research Scientist,

Bipolar Disorders Clinic,

Stanford University

Livermore Public Library

1188 So. Livermore Ave.,

Livermore

Contact: Marsha McInnis

Phone: (925) 980-5331

e-mail: marsha_mci@comcast.net

August 14, 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_mci@comcast.net

August 21, 2006

"In Our Own Voice"

NO MEETING

THIS MONTH

Contact: Krista Radojevich,

e-mail: trivalleybipolar@hotmail.com

August 28, 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

SEPTEMBER CALENDAR

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September 4, 2006
LABOR DAY HOLIDAY
NO MEETING
THIS MONTH

September 5, 2006
7:00 p.m. to 9:00 p.m.
Parent Resource
and Support Group
Pathways To Wellness
5674 Stoneridge Dr., Ste 116
Pleasanton
Contact: Suzi Glorioso
Phone: (925) 443-1797

September 11, 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_mci@comcast.net

September 18, 2006
7:30 p.m. to 8:30 p.m.
"In Our Own Voice"
St. Clare's Episcopal Church
3350 Hopyard Rd.
Pleasanton
Contact: Krista Radojevich,
e-mail: trivalleybipolar@hotmail.com

September 25, 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

How About That NAMI Walk?

It shouldn't come as a surprise to you that our fledgling affiliate successfully raised over \$15,000 in the recent NAMI Walk fund-raiser. With only three teams NAMI Tri-Valley was one of the top finishers in the entire Bay Area. In fact, NAMI National will be featuring us in the Advocate, NAMI's quarterly publication as a positive example of the power of enthusiasm, determination, and internet pledging. Way to go teams: NAMI Tri-Valley Bipolar Bears NAMI Tri-Valley Newbees, NAMI Tri-Valley Brainiacs. . . and all your supporters. Funds received from the walk will support our education programs, training sessions, and support groups

NAMI California Annual Conference 2006

NAMI California's Annual Conference 2006 will be held at the San Francisco Airport Marriott Hotel on August 25th and 26th, 2006. This year's theme is "California Leads the Way: Mental Health Services Act Brings Hope"

To register, go to NAMI California's web site at: <http://www.namicalifornia.org>, click on the conference and download an MS Word application. See you there!

Check out our newly updated web site for additional resources and links;
www.namitrivalley.org

Stanford University Presents: 2ND Annual SCHIZOPHRENIA AND BIPOLAR EDUCATION DAY

SUNDAY,
OCTOBER 1, 2006,
8 AM — Noon

Sherman Fairchild
Auditorium
291 Campus Drive
Stanford 94305

Presented by the
Stanford University
School of Medicine

Dr. Terence Ketter, MD
Director, Bipolar Clinic
and
Dr. Ira Glick, MD
Director, Schizophrenia Clinic

Individuals with Schizophrenia or Bipolar disorders, family members, caregivers, friends and all community members are invited to attend.

Continental Breakfast will be provided
For additional information, please contact:
Jennifer Nam at 650.724.4795 or at:
jnam@stanford.edu

Need Mental Health Information?

Call NAMI Tri-Valley

Co-President Robert Villanueva received an anonymous donation to provide us with a telephone number. The phone number is NAMI Tri-Valley's information line. It is NOT for emergency nor medical advice but a service provided to answer general questions about programs, meetings, membership, support and special events are handled. Most calls are answered within 24 hours.

(925) 719-7744

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
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_mci@comcast.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
russdonnawhite@comcast.net

Parent Resource and Support Group

Starting in September 2006:

Meets 1st Tuesday of the month
Pathways To Wellness
5674 Stoneridge Drive Suite 116, Pleasanton
Contact: Suzi Glorioso 925.443.1797
glorios4@comcast.net

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



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