



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 3 Number 1, January/February 2007

NAMI Tri-Valley Mission Statement

"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

Marsha McInnis, *President*
marsha_mci@comcast.net

Suzi Glorioso, *Secretary*
glorios4@comcast.net

Rochelle Margucci, *Treasurer*
rmargucci@comcast.net

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Jennifer Garrison, *Webmaster*
jenn@dbsacastrovalley.org

Programs

Family-to-Family
Donna & Russ White
russdonnawhite@comcast.net

In Our Own Voice
Krista Radojevich
trivalleybipolar@hotmail.com

Advisory Committee

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

Director of Alameda County Behavioral Health Care Services to speak at February's Meeting

Marye Thomas, M.D., will be speaking at NAMI Tri-Valley's February General Meeting on Monday, February 5, 2007 at the Livermore Public Library Community Room B.

Dr. Thomas is the Director of Alameda County Behavioral Health Care Services (BHCS). Her department is responsible for the delivery of all publicly funded mental health, alcohol and other drug services in the County. With a budget of \$260 million, more than 3000 employees in county and community based organizations deliver more than 1.6 million units of BHCS services to 29,000 people each year.

As the physician/administrator for BHCS, Dr. Thomas has more than 20 years experience in the provision of services and the administration of federal, state and local programs. During her tenure as director, the behavioral health service system has evolved from a \$58 million county operated mental health service to a more comprehensive behavioral health care system of nearly \$300 million. Through her leadership, the resource base for children's services has grown by more than \$40 million annually, developed and opened numerous behavioral health facilities (including an adolescent sub-acute facility, a regional neurobehavioral program, and an acute psychiatric hospital),

February 5, 2007

Marye Thomas, M.D.
*Director of Alameda County
Behavioral Health Care Services*

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

NAMI General Meeting
Community Room B
Livermore Public Library
1188 So. Livermore Ave.,
Livermore

and increased revenues for alcohol and drug services by approximately \$9 million annually.

A native of Texas, Dr. Thomas began working in the San Francisco Bay Area in 1969 and in Alameda County in 1978. Dr. Thomas is a psychiatrist, a graduate of Fisk University and Meharry Medical College, Nashville, Tennessee. She completed her psychiatric training at Langley Porter Neuropsychiatric Institute, University of California at San Francisco. Dr. Thomas has won numerous local and national awards, and holds leadership positions and membership in many professional societies and community organizations.

Reminder:

The annual membership renewal is due. For those who have renewed, NAMI Tri-Valley thanks you for your support.

NAMI Tri-Valley Treasurer Report

NAMI Tri-Valley ended 2006 with approximately \$4500 in its account. This is due largely to the participation in and/or donations from the San Francisco Bay Area NAMI Walk held in June. The generous donations launched a cash flow needed to continue working on developing NAMI Tri-Valley.

The financial statements reflect through the end of December 2006:

Income

Fundraising	\$5,580
Donations	475
Dues	1,045
Total Income	\$7,100

Expenses

Affiliate Fees	\$475
Contributions	100
Outside Services	110
PO Box Rental	152
Postage	72
Stipends	280
Supplies	123
Taxes & Licenses	840
Total Expense	\$2,152

Net Income **\$4,948**

Upcoming Speakers at NAMI General Meetings

NAMI Tri-Valley holds a general meeting most months and the highlight of each meeting is an hour presentation by a guest speaker. The meetings are held on the first Monday of the month at the Livermore Public Library. Updates will be sent as more speakers are lined up. The following presenters are currently scheduled:

- February 5** Marye Thomas, M.D., *Director of Alameda County Behavioral Health Care Services*
- March 5** Pathways To Wellness
- April 2** Krista Radojevich, Robert Villanueva, "In Our Own Voice" presentation
- May 7** Daniel Kostalnick, M.D., *Local psychiatrist*
- June 4** Douglas Del Paggio, PharmD.
- July 2** HOLIDAY — No meeting
- August 6** To Be Announced
- September 3** HOLIDAY — No meeting
- October 1** To Be Announced
- November 5** To Be Announced
- December 3** No meeting

JANUARY CALENDAR



January 1, 2007

**NO MEETING
THIS MONTH**

***Happy
New Year***

January 2, 2007

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
glorios4@comcast.net

January 8, 2007

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

January 15, 2007

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

January 22, 2007

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

FEBRUARY CALENDAR

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February 5, 2007

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

NAMI General Meeting

Livermore Public Library
1188 So. Livermore Ave., Livermore
Contact: Marsha McInnis
Phone: (925) 980-5331
e-mail: marsha_mci@comcast.net

February 6, 2007

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
glorios4@comcast.net

February 12, 2007

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

February 19, 2007

“In Our Own Voice”

**NO PRESENTATION THIS
MONTH DUE TO HOLIDAY**

February 26, 2007

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

In Honor Of:

Donna & Russ White
Jared & Donna Du Fresne

John Gullick
Linda Gullick

Sarah & Kate Myers

Julie LeBlanc

In Memory Of:

Ginger Myers

Julie LeBlanc

Kid's Corner

by Suzi Glorioso

So here we are - yet another year! We as parents know the challenges the holidays bring to our children. The anticipation and over-stimulation can trigger some very unhappy behaviors. So let there be peace in your homes and joy in your hearts this season and on into 2007.

Marsha McInnis has stepped down as co-facilitator of our Parent Resource and Support Group to allow more time for the Family Support Group and the many other programs she is involved with. In her stead, we welcome Jennifer Blanchard to facilitate along side me. Jennifer and I share a lot in common - we both have young boys with Bipolar and ADHD, have had very similar experiences with our children at home and at school, and have become warriors in advocacy with a passion for improving the lives of not just our kids, but all children affected by severe mental illness. Thank you, Jennifer, for your fearless commitment to supporting others who struggle with these difficult diseases.

During our last Parent Resource and Support Group meeting, we talked about IEPs (Individualized Education Program) and educational advocacy. One of the biggest contributions we can make to the emotional well being of a child with mental

illness is to become an effective advocate for their educational needs. The process involves working with the school system, learning your child's legal rights to a free and appropriate education, and identifying the resources inside and outside of school that can help you put in place the services and accommodations your child needs. This greatly influences wellness in your child; making sure that his/her school is a supportive and positive experience.

In order to be in the best possible position to help your child, you must educate yourself on the basics of federal laws affecting their education. Here are several resources to help you attain that goal:

Wrightslaw: *Special Education Law* by Peter & Pamela Wright

Wrightslaw: *From Emotion to Advocacy - The Special Education Survival Guide*

ABCs of Educational Advocacy: A Resource for Parents available at:
www.bpkids.org

Other resources available at
www.wrightslaw.com

If you have any questions or comments or have information that you would like to share with our readers, please contact me at glorios4@comcast.net.

*FYI . . .
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 & Friends

NAMI Tri-Valley Support Group

Meets 2nd Monday of each 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 each month

St. Clare's Episcopal Church
3350 Hopyard Rd., Pleasanton

Contact: Russ or Donna White 925.455.6901
russdonnawhite@comcast.net

. . . for Parents

Parent Resource and Support Group

Meets 1st Tuesday of each 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
P.O. Box 5563
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