



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 2 Number 4, June/July, 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."

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NAMI Walk a Great Success!

by Krista Radojevich



Photo by Marsha McInnis

The San Francisco Bay Area NAMI Walk was held on June 3rd on a beautiful Saturday morning at Golden Gate Park in San Francisco.

The 2nd Annual NAMI Walk was a huge success on Saturday June 3rd in Golden Gate Park. It was a bright sunny day with dedicated NAMI members from all over the SF Bay Area. The walk encompassed seven local affiliates, including our very own—NAMI Tri-Valley.

As part of the walk, Robert Villanueva of NAMI Tri-Valley, organized the Dublin Band to play. There were local bagpipers, work-out instructors, and just overall great energy and enthusiasm

And even though NAMI Tri-Valley walked with just 3 teams—the Tri-Valley Newbees, Bipolar Bears, and Brainiacs we

had a strong presence and generated over \$11,000 in funds. A portion of the proceeds will benefit our local affiliate and go to programs such as Family to Family and In Our Own Voice.

And save the date for the 3rd annual NAMI Walk, Saturday May 12th 2007. We will also be looking for 2 NAMI Tri-Valley representatives to serve on the Steering Committee for next year. Come be a part of the planning and excitement that comes with being “behind the scenes” of the event that helps raise funds for NAMI, but more importantly educates the public and fights the stigma against these brain disorders we call mental illness.

President's Outlook

Happy First Birthday NAMI Tri-Valley . . .

It's hard to believe that one year ago, NAMI Tri-Valley became an official affiliate. The year has flown by so quickly and we have experienced many growing pains. We still have a learning curve ahead of us but many generous people have assisted us along the way.

NAMI Tri-Valley participated for the first time on the steering committee for the annual San Francisco Bay Area NAMI Walk. Of the three walk teams in our affiliate, one is in the top ten and a second is in contention for the top ten.

Our membership has grown to 24 and counting. Starting in September, a new support group will be available for parents/grandparents and/or caregivers of children suspected of or have been diagnosed with bipolar or other mood disorders.

Our vision is to continue educating the communities about mental illness through such programs as In Our Own Voice, which is presented most every third Monday of each month and Family To Family classes. We plan to offer quality presentations by guest speakers on a variety of topics surrounding mental health.

For those who have not done so, please become a member of NAMI Tri-Valley and support local efforts to educate and promote quality of life for all who are touch by mental illness: clients and families and friends.

Marsha McInnis,
President, NAMI Tri-Valley

Is your child suffering from bipolar or other mood disorders?

A new group is being launched in the Pleasanton, Dublin and Livermore area for parents of children and teens with mental illness. Modeled after the successful "New Hope" program in Lafayette, this support group is designed to help you sort out the difficulties in effectively working with your child. Learn about diagnoses, treatment plans, medications, coping skills for you and your family members, coaching techniques, and support services available to you. Share your successes and learn how to tackle those challenges. It's confusing enough growing up, and struggling with a brain disorder makes it tougher all the way around. Get help for you and your child and remember - you are not alone! For more information call Suzi Glorioso 925.443.1797

JULY CALENDAR

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July 3, 2006

NO MEETING THIS MONTH

July 10, 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

July 17, 2006

"In Our Own Voice"

NO MEETING THIS MONTH

Contact: Krista Radojevich

Phone: (925) 560-0842

e-mail: trivalleybipolar@hotmail.com

July 24, 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 . . .

August 7, 2006

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

NAMI Tri-Valley Education Meeting

Presentation by Po W. Wang, M.D.,

Senior Research Scientist,

Bipolar Disorders Clinic,

Stanford University

1188 So. Livermore Ave., Livermore

Contact: Marsha McInnis

Phone: (925) 980-5331

e-mail: marsha_mci@comcast.net

Starting on September 7, 2006

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

NAMI Tri-Valley Hosts

Parent-To-Parent Support Group

Pathways To Wellness

5674 Stoneridge Dr., Ste 116, Pleasanton

Contact: Suzi Glorioso

Phone: (925) 443-1797

Training The Trainees

NAMI Tri-Valley is proud to have the only trained trainers of *In Our Own Voice: Living With Mental Illness* in the entire state.

There are presently about six people who share their personal story of mental illness and recovery to patients at psychiatric hospitals, employee groups, mental health professionals, students, and family members with mentally ill loved ones. NAMI Tri-Valley Co-president Robert Villanueva recently attended a *Train the Trainers* session in St. Louis, Missouri and learned the skills needed to teach other consumers how to share their personal trials and successes.

In Our Own Voice: Living with Mental Illness is dedicated to the support, education, and growth of consumers as presenters. The personal educational component of this program dispels many myths surrounding mental illnesses and helps reduce stigma as we openly talk about it. The mere fact that we are stand-

ing there helps reduce the myths surrounding mental illness.

The power of IOOV is based on the sharing of our journeys- our stories about living with mental illness. We give hope, we educate, we open minds, and we change attitudes. We help eradicate the stigma surrounding mental illness.

A study has been completed by Dr. Otto Wahl and Dr. Amy Wood of George Mason University. Their research concluded with evidence that there is a significant decrease in stigma against mental illness among audience members after seeing the presentation.

NAMI Tri-Valley would like to train more consumers to lead the presentations so we can reach more people who need our support and services. If you are interested in our next raining session please contact Robert Villanueva or Krista Radojevich. If you would like to see a presentation check the calendar on page 2 for dates, times, locations and contact information.

In Our Own Voice Key Program Topics

In Our Own Voice: Living with Mental Illness is a practical tool to educate and increase awareness about the true nature of brain disorders, commonly known as mental illness. The presentation covers issues frequently faced by those dealing with severe mental illness:

Dark Days – Recovery from a serious mental illness can be a long, difficult journey. The Dark Days portion of the presentation explores the feelings and experiences that the presenter went through during the darkest moments of living with a mental illness.

Acceptance – Learning to accept the reality of having a serious mental illness is quite a challenge. It can be hard for anyone to come to terms with having a serious illness, no matter what it is. Acceptance is essential to beginning recovery. While sharing the period of acceptance, the presenter will explain how acceptance was achieved and the feelings and experiences that he/she went through along the way.

Treatment – There are many methods for treating mental illness. Every person is different which is the reason that there are many ways to walk down the path to recovery. Presenters explain what treatment plan worked for them during this segment.

Coping Strategies – Wellness can be achieved by following the treatment plan and incorporating coping skills as an integral part of that plan. Coping skills vary among persons living with mental illness. Some common coping skills are leading a balanced life, making time for leisure activities and rest, considering spiritual activities, developing healthy friendships, getting involved with community charity and finding ways to keep a sense of self awareness and acceptance.

Successes, Hopes and Dreams - IOOV Presenters have a variety of skills and ambitions. A key component of recovery is setting goals while pursuing personal dreams. Many consumers incorporate what they've learned from their illness into the activities and plans for their future.

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!

Juvenile-Onset Bipolar Disorder: Under-Diagnosed, Under-Treated, Under Discussion

Friday and Saturday,
September 15 and 16 2006

Music, Madness, and Creativity

Friday evening
September 15, 2006

University of the Pacific
Stockton, CA

This fully accredited seminar is essential for physicians, clinicians, nurses, psychologists, social workers and educators. Caregivers, other professionals and parents will find the information provided invaluable in better meeting the needs of these children. dbh Neuroscience Seminars is proud to present its first annual symposium for individuals seeking a rare opportunity for quality continuing education in a truly scholarly environment

The 2-day presentation includes a VIP Continental breakfast and gourmet boxed lunches of your choice both days.

Register now at:
<http://www.dbhnss.com/>

Membership Application

NAMI Tri-Valley

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

- | | |
|---------------------------------------|-------|
| <input type="checkbox"/> General | \$35 |
| <input type="checkbox"/> Consumer | \$15 |
| <input type="checkbox"/> Professional | \$45 |
| <input type="checkbox"/> 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 "Brain-storm", 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