



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 3 Number 2, March/April 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

Committees

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

Pathways To Wellness Speaks At The March 5th Meeting

On Monday March 5, Pleasanton's Pathways To Wellness Medication clinic will speak about the services that are provided. Pathways, owned by Becton Healthcare Resources (BHR), is one of three clinics in Alameda County.

BHR was founded in 1999 to provide behavioral healthcare organizations with a full range of administrative and management services.

Since its founding BHR's primary focus has been to work with facilities that serve the seriously and persistently mentally ill population, particularly the under-served client community. Currently more than half of the clients within BHR facilities are covered by state-funded insurance programs for the under-served.

BHR currently has management and consulting contracts with healthcare providers for professional services in seven facilities serving more than 3000 mentally ill clients throughout California and Michigan. These healthcare providers include county and community mental health centers and HMOs.

Current facilities include Pathways to Wellness Medication clinics in Oakland, Union City, Pleasanton and Long Beach. BHR's upcoming clinics and partnerships include a clinic in Contra Costa in the Spring of 2007, Outpatient and Mobile Outreach Services with the City of Fremont and the Tri-City Homeless Coalition and Inpatient Physician Services for Contra Costa Regional Medical Center.

The continuing mission of BHR is to provide its client organizations with innovative systems to enhance quality client care, to help quickly identify needs and to more efficiently utilize client resources. BHR promotes that their partner groups will facilitate each client's ability to return or remain in the community and to avoid treatment at higher levels of care. BHR ensures, through operational oversight, that these services are provided with the utmost respect to the individual, paying particular attention to their cultural needs.

BHR fosters its mission by maintaining the highest professional ethical standards and a dedication to sound business practices. BHR's overall goal is to make a significant positive contribution to quality health care within the communities that they serve.

BHR supports **CHOICE**:

Client-centered, family-focused, and continuously working to achieve positive mental health outcomes for culturally diverse populations. They do this through support, education and advocacy.

High ethical standards of practice and contribute to better quality health care.

Organize company to develop new, or expand and enhance existing services.

Improve the lives of persons living with mental illness and their families by helping to access and coordinate mental health care and support.

President's Outlook

NAMI Tri-Valley Is Granted Non-profit Status

It's official, NAMI Tri-Valley is now a 501C3 tax exempt nonprofit organization. Establishing the nonprofit status allows the affiliate to not only apply for grants and fund raise but accept donations and memberships that are 100% tax deductible. This is a major leap forward as the NAMI Tri-Valley board is laying a foundation that will be a permanent fixture in our mental health community.

Volunteers Needed

As with most community organizations, the heart and soul are the people who give their valuable time and talent. NAMI Tri-Valley has been very fortunate to have passionate and dedicated people who endeavor to improve the lives of seriously mentally ill and their families. At this time, there are opportunities available for members who want to make a difference. One area of need is a librarian. The librarian manages the lending library, which entails collecting books, tracking borrowed books and setting up the library at each NAMI Tri-Valley general meeting. Another need is a newsletter editor. The editor coordinates/collects and/or writes articles for the bi-monthly publication. Finally, there is a great need for someone to help set up and put away at each general meeting. Any interested volunteers can e-mail the president or secretary.

Marsha McInnis
President, NAMI Tri-Valley

Pathways To Wellness/BHR (con't from page 1)

Comprehensive, cost-effective, and accountable services.

Ensure to meet the needs and expectations of customers and the individuals treated.

BHR's client management services

include creating and managing outpatient medication clinics, creating and managing partial hospitalization programs, developing correction medicine services, managing inpatient and emergency psychiatry services and recruiting and managing of physicians.

April's Presentation:

Krista Radojevich & Robert Villanueva present their personal stories from the dark days to wellness and recovery.

April 2, 2007

**"In Our Own Voice"
7:00 p.m. to 9:00 p.m.**

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

MARCH CALENDAR

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March 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

March 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

March 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

March 19, 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

March 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

APRIL CALENDAR



April 2, 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

April 3, 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

April 9, 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

April 16, 2007

"In Our Own Voice"

APRIL'S

N OUR OWN VOICE

PRESENTED AT GENERAL

NAMI TRI-VALLEY

MEETING ON APRIL 2.

April 23, 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

Mental Health Events In Our Community This Spring

Brain Awareness Faire—On March 14, the annual Brain Awareness Faire will feature poster exhibits designed by Las Positas College psychology students, interactive brain exhibits, and exhibitors from local community educational and health organizations at Las Positas College. NAMI Tri-Valley will be providing information and handouts at a booth. The event is being held from 10:00 to 2:00.

May Is Mental Health Month—The third annual large display on mental health, which includes information, resources and brochure handouts, will be exhibited at the main Livermore Public Library from May 1 to May 31. The display is co-sponsored by NAMI Tri-Valley and the Valley Council on Mental Health. The display will be located in the main hall.

Kid's Corner

by Suzi Glorioso

You deserve personal health and happiness just as every person does. The fact that you're a parent – and a parent of a child with mental illness in particular – does not change that even though practically your whole life revolves around mental illness. It dictates much of what you can and can't do and when you can do it. So much of your schedule is based on your child's needs that your work, your physical fitness, your diet, and many other aspects of your personal life will be affected. Because you have such extreme stresses in your life, and on such a regular basis, it's even more important for you to take care of yourself. Remind yourself that the stronger, happier and more personally fulfilled you are, the more physical and emotional energy you'll have to take care of everyone else. It may seem like there's no time to take care of your own needs, but you have to make the time. Don't just wait for there to be a good time.

Friendships are important. You'll definitely find out who your true friends are when you have a mentally ill child. Some friends just may not be able to cope – with your child or with the intensity of your life. Since it takes too much energy trying to teach people to be good, understanding and supportive friends, focus on those people who are already ready and able to have a strong, real and mutually satisfying friendship.

As wonderful as friends can be, they won't be able to provide all the support and understanding you'll need. Our families can be a strong, consistent and

valuable support system if we let them into the difficult aspects of our lives. Support groups are an essential part of giving ourselves what we need. We can draw much needed strength and courage to cope with our complicated lives by being with people who don't need explanations, who talk reality rather than hopeful wishes. It's extremely important to create a support system that can help you deal with all the difficult feelings and emotions that are involved in living with and loving a mentally ill child.

Sometimes, though, you'll find that you need more. You probably have a lot of scary thoughts, intense emotions and complicated choices that may not be appropriate to discuss with anyone but a professional. The stress in your life is significant enough that you run a risk of developing psychological problems that need to be addressed by an expert. Don't wait until you're in crisis. Professional mental health care is probably something you're going to need, and even want. Having it can help you avoid your own crises, not to mention help you cope better on a day-to-day basis.

Suzi Glorioso can be reached at (925) 443-1797 or glorios4@comcast.net for information about the Parent Resource and Support Group, a support group for parents of children with mood disorders.

Source: excerpts from *If your Child is Bipolar: the Parent-to Parent Guide to Living With and Loving a Bipolar Child* by Cindy Singer and Sheryl Gurrentz

*Check the
NAMI Tri-Valley
web for resources
and information:
<http://namitrivalley.org>*

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 _____

- | | |
|---------------------------------------|-------|
| <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: _____

Membership dues are 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