



Brain Storm

Board of Directors

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Meetings

Livermore Library
1188 S. Livermore Ave.
1st Monday of the month
7-9pm

From the NAMI Tri-Valley President:

Welcome! For the first time in our valley's history, we proudly are an affiliate of NAMI, the National Alliance on Mental Illness. One of NAMI Tri-Valley's goals is to address the pressing mental health issues unique to our community. Our mission statement holds true to our vision:

"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."

Not even two months old and we are already a member of the Bay Area Steering Committee for the 2nd NAMIWALK SF Bay Area in June 2006. We have had on-going family support groups, one for many years, and through the Depression and Bipolar Support Alliance, a weekly support group for consumers and their families. Beginning November, there will be a mental health activity every Monday evening. By doing this, a person can attend a meeting to listen, learn, and network.

Thank you to all who took part in the preliminary affiliate planning process for it would not have been possible without your dedicated time and talent. I thank our neighboring NAMI affiliates: NAMI Alameda and NAMI Contra Costa, Mental Health Association of Alameda County, Alameda County Behavioral Health Care Services, NAMI California and NAMI National for their good wishes and encouraging support.

With sincerest regards,
Marsha McInnis,
President, NAMI Tri-Valley

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."

NAMIWALK 2006

NAMI Tri-Valley's Krista Radojevich and Michael Avery representing our new affiliate attended the first NAMIWALK 2006 Steering Committee Meeting. Krista explained that NAMIWALK SF Bay Area 2005 generated over \$250,000 in corporate sponsorships and donations. "What a fun way for us to not only raise funds, but also combat stigma."

Key points that came out of the meeting:

1. First and foremost, the Committee welcomed us to this great event. Even though we are a newly "born" affiliate with no funds, we will still be able to participate.

2. January 10, 2006, Dede Ranahan, Walk Director for NAMIWALK San Francisco Bay Area, will present NAMIWALK Information. The presentation will take between 45 minutes to 1-hour, which will help interested participants to learn more about the walk as well as ask questions and learn about the process of fundraising.

3. The walk will take place June 3, 2006 in San Francisco's Golden Gate Park.

4. Two representatives from NAMI Tri-Valley are required to attend monthly Saturday steering committee meetings. The schedule is as follows: November 12, December 10, and January 14 with more frequent meetings nearer to the day of the event.

"In Our Own Voice" Presentation

NAMI's *In Our Own Voice* will be offered on Monday, November 21, 2005 from 7:30 to 8:30 pm at St. Clare's Episcopal Church, 3350 Hopyard Road, Pleasanton.

In Our Own Voice is:

- A presentation by consumers that creates awareness about what is involved in recovery from mental illness.
- A powerful anti-stigma tool that changes hearts, minds, and attitudes about mental illness.
- An opportunity for consumers to gain self confidence, self-esteem, and income while serving as role models for the community.
- Living proof that recovery from mental illness is an ongoing reality.

The presentation:

- Hear from people who have struggled with disorders such as depression, schizophrenia, bipolar disorder, and other severe mental illnesses.
- A brief video features consumers

speaking about the topics of Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hopes, and Dreams.

- Gain insight into how people with serious mental illnesses cope with the realities of their disorders while reclaiming productive lives.
- Ask questions from the real experts — the consumers are the ones who "have been there."

Only through educating the public can NAMI and other grass roots organizations stamp out the stigma of mental illness. Please join us for this unique opportunity.

To schedule a presentation call Krista Radojevich 925.560.0842

ANNOUNCEMENTS

Monday, October 17

DBSA Presents:

Dr. Po Wang, Guest Speaker

Research Scientist from Stanford University

7:00 - 9:00pm

St. Clare's Episcopal Church

3350 Hopyard Road, Pleasanton

Wednesday, October 19

DBSA Support Group

St. Clare's Episcopal Church

3350 Hopyard Road, Pleasanton

Krista (925) 560-0842

Friday, October 21

DBSA Support Group

Eden Hospital Conference Center

Conference Room C, Ground Floor

20103 Lake Chabot Road, Castro Valley

Jenn (925) 413-3784

Monday, October 24

NAMI Tri-Valley Family /

Caregiver Support Group

St. Clare's Episcopal Church

3350 Hopyard Road, Pleasanton

Russ & Donna White (925) 455-6901

Sunday, October 30

American Foundation for Suicide Prevention

2005 Out of the Darkness Community Walks

Crissy Field, San Francisco 9am

For map, times, details visit; www.afspnorcal.org

Coping After a Traumatic Event

Hurricanes Katrina and Rita, massive flooding and mudslides in Guatemala, floods in the New England states, devastating earthquakes in Pakistan are extremely traumatic experiences that have overwhelmed our sense of safety and security in just the past few weeks.

You or your loved one may suffer emotional consequences or symptoms as a result of these events. These are normal, don't ignore them or expect them to "go away".

Some symptoms include;

- *Cognitive (Mental) Symptoms:* confusion; memory loss; difficulty in making decisions or setting priorities; difficulty concentrating;
- *Emotional Symptoms:* fear; anxiety; worry; grief; depression; anger; feelings of hopelessness; emotionally "numb".
- *Physical Symptoms:* marked increase in fatigue; stomach upset; headaches; sweating; backache; tension; change in normal appetite; sleep disturbances; dizziness; high blood pressure.
- *Behavioral Symptoms:* social withdrawal; excessive talking, sudden silence; jumpiness; difficulty relaxing; increase in alcohol/drug use.
- *Prior Experiences:* exposure to a traumatic event can recreate old feelings of unresolved trauma from prior experiences, along with increased symptoms.

**“Exposure to a traumatic event can
recreate old feelings of unresolved
trauma from prior experiences...”**

The most helpful way to deal with these immediate symptoms is to try to relax, and not put too much pressure on yourself. Lower your expectations of what you should be able to accomplish. Allow yourself to do things that feel good and are not destructive. Accept offers of help from others and allow others to provide you with care and support. Try these tips;

- Take advantage of professional help, Counseling has proven to speed recovery.
- Create a comfortable routine for yourself and your family. Even on days off from work - get up, get dressed, eat and plan activities for the rest of the day.
- Talk with others about how you feel.
- Understand that emotional recovery is much like rebuilding. It takes much more time than you expect.
- Healing times vary with the individual. Allow yourself time to recover.
- Get sufficient rest.
- Exercise, it relieves pent up stress and allows feelings to flow.
- Find good listeners who are supportive.
- Find ways to nurture yourself.

Adapted from Claremont Behavioral Services



NAMI Tri-Valley





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.

Published by NAMI Tri-Valley
Affiliated with NAMI National and NAMI California

FU:

for Consumers:

DBSA

Depression and Bipolar Support Alliance

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

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

russtdonnawhite@sbcglobal.net

