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Vol 1 #2

BAHVN Groups Values

The Bay Hearing Voices Network started around eight years ago as a small group of family members, clinicians, and those with lived experiences. We started meeting in the meeting room of a clinic where one of our members worked. What united us was our search for alternatives to the prevailing medical model that we felt had failed ourselves and our loved ones.

Early on we agreed on a set of group values we had learned from the HVN-USA charter that united our network. They are ones we still offer participants today in our HV groups. They include:

- *No assumptions of illness;
- *Challenge society's norms on what is "normal";
- *Respect our loved ones experiences;
- *Honor that we are experts of our own experiences and are free to interpret our experiences in any way;
- *Take ownership of our feelings as much as possible;
- *Use ordinary, common language;
- *and Commit to undoing stigma and stereotypes of voice hearers and others with unusual experiences whenever they appear, whether in person or in society as a whole.

If there are some we did not include in this list and they help you let us know.



RESEARCH

Scientists Investigate Role of Gut Microbes and Mental Health Issues

In a recently published article in *Frontiers in Psychiatry*, international researchers and clinicians reviewed the literature on the relationship between gut microbiota and the risk for severe mental disorders (SMD). The authors, led by Italian researchers Gabriele Sani and Mirko Manchia, looked at the evidence from animal and human studies to highlight the field's current understanding of how gut microbiota changes in individuals with serious mental disorders (SMDs) and offer some speculative models to explain their relationship.

Recent findings have demonstrated links between diet and mental health, [linking pro-inflammatory diets of high-fat and sugar to poor](#) mental health outcomes. Research has also found improved quality of life and depressive symptom reduction for patients diagnosed with depression who [adhered to the Mediterranean diet](#).

Emerging research has also demonstrated links between the [gut microbiota and mental health](#), named by neuroscientists as the [microbiota-gut-brain axis](#). For instance, significant differences were found in the microbial makeup of those with [increased depressive symptoms and lower reported quality of life](#) than healthy controls.

The authors conclude that more research on gut microbiota modifications during the developmental trajectories of SMDs should be done, though only longitudinal research can indicate the directionality of changes in the microbiota-gut-brain axis. They suggest: “the analysis of microbiota should be included in the comprehensive assessment generally performed in populations at high risk for SMD as it can inform predictive models and ultimately preventative strategies.”



TRAINING

Maastricht Interview for Hearing Voices

Learn to use the Maastricht Interview tool to support people who hear voices to make meaning and take control of their experience. The Maastricht Interview is a semi-structured questionnaire originally developed by science journalist, Sandra Escher, psychiatrist, Marius Romme and voice hearer, Patsy Hage. It was developed as a way to explore the voice hearing experience in depth and provide tools needed to build trust and understanding. **This training has been split into four days to maximize the on line learning potential. Attendance at all sessions is required to complete the class.**

Dates and times are as follows:

Monday, April 5, 9am to 4pm

Tuesday, April 6, 9am to 4pm

Friday, April 9, 9am to 4pm

To register go to: <http://tiny.cc/Maastricht421>



Alternatives to Suicide

The phrase "*I feel suicidal*" can hold many meanings. Yet space to explore those meanings and the context of such feelings can be hard to find. As evidence of the inefficacy of assessment-oriented interventions and hospitalization continue to build, what else is available to better hold, express, and move through suicidal thoughts? This workshop will seek to answer just that question through an exploration of the 'Alternatives to Suicide' approach and philosophy. **Wednesday, April 7th, 1-5 EST**

To Register: <https://www.eventbrite.com/e/alternatives-to-suicide-overview-tickets-137416483401>

Mad In America Town Hall-Responses in a Time of Crisis Streamed Live on April 17th, 2020

COVID-19 has forced us all into new ways of being, new ways of relating to each other, and new ways of responding to each other in a time of crisis. These new ways reveal more clearly than ever how essential dialogue is to the human experience. What are dialogical practitioners doing — and learning — in this time of crisis? What do these learnings suggest or make possible that might have previously seemed unattainable? What insights do people who have lived with a sense of crisis, often cut off from “mainstream” dialogues, have to offer a world in crisis?

Panelists: **Jaakko Seikkula** teaches dialogical practice to the many people around the world who have been inspired by Open Dialogue, the response to mental health crises in Tornio, Finland that Jaakko’s team created. **Richard Armitage** is a dialogical practitioner and trainer in Denmark at a large centre for supported living and rehabilitation. **Iseult Twamley** is a Clinical Psychologist and Open Dialogue Trainer/Supervisor. Since 2012 she has been Clinical Lead of the Cork Open Dialogue Implementation, Ireland. **Rai Waddingham** is an Open Dialogue Practitioner, international trainer, and has created, established and managed innovative Hearing Voices Network projects in youth, prison, forensic, inpatient and community settings. To register: <https://www.madinameric#1C0E735>



HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers four, online groups Monday-Wednesday. **To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Wednesday group.**

Monday Meetings:

BAHVN in partnership with Berkeley Mental Health offers separate support groups for adults and family members, The 2 separate Support Groups meet Mondays from 6 to 8 pm.

Tuesday Meeting:

BAHVN in partnership with [HealthRIGHT360 of San Francisco](#) offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system.

Wednesday Meeting:

BAHVN, in partnership with the [Mental Health Association of San Francisco](#) (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm.

Thursday Meeting:

The HVN Family and Friends Group (friends, lovers, and caretakers are welcome too) meets online for 90 minutes every Thursday 3-4:30 pm PST. To join contact cindy@westernmassrlc.org

The Bay Area Hearing Voices Network is a non-profit 501©3 organization. We seek to expand public awareness, provide community support, and refuge for those who hear voices, see visions, and experience other forms of extraordinary perception. To submit articles contact: edherzog48@gmail.com For more information about us visit our website: bayareahearingvoices.org

BAY AREA HEARING VOICES NETWORK

