



**Dear Friends of BAHVN,**

As we are sure you are well aware, this has been a difficult year for the BAHVN family as we recover from the pandemic, its forced isolation, along with its mental health challenges. But in the midst of these trying times, our network has managed to grow and offer solace, hope, and guidance to voice hearers, others with extreme experiences, as well as families and friends.

We have made great strides toward meeting the mental health needs of our hearing voices community. In the last year we have:

\*Successfully continued our three on-going adult hearing voices groups that meet Monday through Wednesday from 6-8 pm; \*Offer a weekly Family and Friends group;  
\*Started a weekly game night group; \*Established a weekly adult hearing voices group at a Bay Area locked mental health facility; \*Made our groups on-line and available to voice hearers and family members across the country; \*Started a BAHVN monthly newsletter; and, \*Have seen our group attendance increase to over three thousand people over the last year.

This success is due in no small part to the dedication, hard work, and compassion from our hearing voices group facilitators and board of directors. Next year we are looking to expand our network and make available adult hearing voices and family groups in underserved communities. Specifically for Spanish and Chinese speaking family members and voice hearers, a people of color group, a LGBTQ hearing voices group, more hearing voices groups in locked mental health facilities, and expanding our network to Marin and Santa Clara Counties.

You can help. Our network is primarily made up of volunteers so anything you can give this holiday season will go a long way to accomplishing our goals in 2022. We make it easy. You can donate by debit, credit card or PayPal by clicking on this link: [DONATE to Bay Area Hearing Voices](#). Please make your contribution monthly if you can. Or if you prefer, you can send us a check at: Bay Area Hearing Voices Network, 1012 Jones Street, Berkeley, CA, 94710

***We are a certified 501(c)3 non-profit organization so your donations are tax deductible. Thank you so much for your generosity.***

***The BAHVN Board of Directors.***

## TRAINING

### **When Conversation Turns to Suicide**

**When Conversation Turns to Suicide** is a training for providers, peer supporters, family, friends and others in the community who want to build understanding, and develop skills to aid them in more effectively supporting others who might be struggling with suicidal thoughts. This training is rooted in the 'Alternatives to Suicide' approach and offers an alternative to more medicalized suicide prevention and related programs such as QPR, ASIST, and Mental Health First Aid (MHFA) that tend to emphasize largely ineffective and potentially harmful assessment and referral strategies.

Topics include: myths and misunderstandings related to suicide and how to help; the relationship of trauma and losses of power and control to suicide; an alternative framework for support. **Class dates:** January 3rd, 4th, 10th, and 11th from 12pm to 4pm Eastern USA time on-line via Zoom. Attendance at all four sessions is required to complete this training.

To register: [www.wildfloweralliance.org](http://www.wildfloweralliance.org)

### *HVN Group Facilitator Training Over Zoom*

Join this ON-LINE Hearing Voices training that has grown out of the international Hearing Voices movement. The HVN movement emphasizes the importance of not assuming voices and visions are 'bad' or the symptom of a disease, and instead focuses on supporting people to make meaning of their experiences, and seek ways to navigate them while building a full life.

**The next training will be held as follows:**

**January 10, 11, 17, 18, 24, & 25 from 12pm to 4pm.**

Applications are due by November 29. You can learn more information and apply by going to the following website: [wildfloweralliance.org](http://wildfloweralliance.org)

**PLEASE NOTE:** This on-line training is intended for people who are unable to attend an in person training, and seats will be prioritized for people who are geographically unable to attend an in person event or who have other accessibility needs.



## RESOURCES

### **Beyond Possible: How the Hearing Voices Approach Transforms Lives**

The film was released in 2019 as a part of the **Hearing Voices Research & Development Fund's** efforts to increase understanding of the impact of Hearing Voices groups, and increase their accessibility across the United States. The fund represents a collaboration between **Open Excellence, Mount Holyoke College,** and the **Wildflower Alliance.** To access the film go to YouTube:

<https://www.google.com/search?q=beyond+possible%3A+how+the+hearing+voices+approach+transforms+lives>

### **The 12<sup>th</sup> World Hearing Voices Congress, Cork Ireland Video Recordings Now Available**

The World Hearing Voices Congress video recordings can now be watched and listened to on:

<https://hearingvoicesnetworkireland.ie/intervoice-congress-2021/>

The Bay Area Hearing Voices Network was well represented at the congress, with Cindy Marty Hadge, David Hallsted, and Ed Herzog giving presentations.

### **Resources about the Hearing Voices Movement**

Download the PDF [www.sable.madmini.com](http://www.sable.madmini.com) of our recommended introductory books, articles, videos, and web sites on the experience of hearing voices, the history and philosophy of the Hearing Voices movement, this family & friends group, and ways to support loved ones who hear voices.



## HEARING VOICES GROUPS

The Bay Area Hearing Voices Network offers five, online groups Monday-Thursday. To enter the on-line support group meeting go to our website: [www.bayareahearingvoices.org](http://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 Meetings:**

The HVN-USA 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](mailto:cindy@westernmassrlc.org)

### **Thursday BAHVN Game Night, 5-7 pm:**

An on-line weekly night of fun and games. Game play is free of charge to BAHVN adults, TAY, and family members, All attendees are required to open an [account at boardgamearena.com](http://boardgamearena.com), where the game night will be held online. Go to the [BAHVN homepage](#) for a Zoom audio link to Game Night.

*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](mailto:edherzog48@gmail.com). For more information about us visit our website: [bayareahearingvoices.org](http://bayareahearingvoices.org)*