



April 2022

www.bayareahearingvoices.org

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All Invited to the BAHVN Annual Meeting

All are invited to attend the Bay Area Hearing Voices Network's yearly annual meeting, Saturday, April 23, 2022 from 1-3 pm PST; 4-6 EST. It will be held on line. Look for the link.

Mandated by our non-profit organization status, our annual meeting is a time for us to discuss our goals for the coming year, elect officers, and get together as a community of voice hearers, family members, and clinicians.

It will also be an opportunity for those of us who attend our five, weekly, HV groups to meet each other, if only on line. We will also invite group members to make statements about their groups, and/or present poetry, art, and other forms of expression that demonstrate our commitment to the Hearing Voices approach and values.

Help Us Make our HV Groups Even Better

Twice a year we send out a confidential survey/questionnaire to participants of our BAHVN groups to tell us what you like about our groups as well how to make them even better. Please click on the following link that will guide you to the survey. Fill it out and send it in. Here is the link to the questionnaire/survey. [BAHVN 2022 Survey](#)



Book Review: *Hearing Voices, Living Fully: Living with the Voices in My Head* by Claire Bien

Reviewed by Anne Parfitt-Rogers

“When I began writing my memoir . . . I believed, based on my own experience and observation, that some people who have resigned themselves to a lifetime of medication management need not do so.” This is a revolutionary book, written by Claire Bien, who has experienced and dealt with auditory hallucinations—latterly without medication. Now living with a son and successful career, it tells of her determination not to let the disease beat her.

Despite her initial concerns, sharing this story turned out to be a resounding success. With repercussions far beyond her dreams, her book has been recognized by some of the top medical colleges, including several professors from the Yale School of Medicine’s Department of Psychiatry.

Claire builds up a picture of herself, both before and after the onset of her condition. From her early childhood as the youngest of three Chinese immigrants, to her freshman years majoring in German, we see how the illness begins to affect her and those closest to her. We learn about her alcohol and marijuana fueled twenties, where she felt depressed and people remarked she looked as if she was “waiting for something.” As well as setting the scene, it also explores the risk factors relevant to her life story.

She experienced a brief visual hallucination at 26, which inspires a fantastic poem, one of many in the book. “Those ghostly pretenders . . . You are more afraid there is nothing / Where something might be / Than of the madness that lies / In believing in lies.”

At the age of 31, she describes the onset of the voices—initially friendly and curious, then more threatening. She describes in detail the voices that she hears, what they say, and the effect it has on her. Although the voices can be negative and suggestive, sometimes they can also be upbeat and helpful.

(To read the full review of Clair’s book go to: [a book review by Anne Parfitt-Rogers: *Hearing Voices, Living Fully: Living with the Voices in My Head* \(nyjournalofbooks.com\)](http://nyjournalofbooks.com))



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. Please review this article for more details on the Alternatives to Suicide approach: [Introducing Alternatives to Suicide](#).

Participants in this training will explore:

- Myths and misunderstandings related to suicide and how to help
- The relationship of trauma, and losses of power and control to suicide
- A framework for support
- Ways to share power in your supporter role
- Ways to take care of yourself both before and after offering support
- How to influence change in suicide prevention policies and beyond

Fees: There is a fee for this on-line training as follows:

\$200 for individuals supported by organizations to attend

\$100 for individuals with consistent income attending on their own

\$50 for individuals with limited income requiring a reduced rate

\$25 for individuals seeking a scholarship rate due to income limitations

If you are accepted to the training, but none of these options are affordable to you, we will do our best to work with you!

Space is limited. Applications will be accepted on a rolling basis until all slots are full. We always notify people, so if you haven't heard from us by mid-April (or within a few days if you apply after that time), please e-mail info@wildfloweralliance.org



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 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

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 For more information about us visit our website:bayareahearingvoices.org