



NAMI PA, Main Line

Affiliated with National Alliance on Mental Illness

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Main Line NAMI Newsletter – March, 2016

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President's Message

We hope you will join us this spring for:

- Forum: [Dual Diagnosis: What Is It and How Can I Help?](#) with Dr. Jena Fisher, **March 6** (snow date **March 13**), 2-4 p.m., Ardmore Presbyterian Church (see below)
- Workshop: [Understanding, Preventing and Managing Caregiver Burnout](#) with Edie Mannion, Sunday, **April 10**, 2-4 p.m., Ardmore Presbyterian Church (see page 2)
- [Main Line NAMI on the Move – Stepping out for Mental Health Awareness](#), Saturday morning, **May 21** in Bryn Mawr (see pages 6-7)

If you have an older teen or adult family member with mental illness, we encourage you to participate in [Family-to-Family](#), a free education and support program. Family-to-Family will begin on Wednesday, **March 9**, and meet once a week for 12 weeks, 7-9:30 p.m. at Bryn Mawr Hospital. For more information and to register, contact Sarah at 484-919-0069 or BrynMawrF2F@gmail.com. *Registration is required.* (see page 2)

We also encourage you to participate in one or both of our [support groups](#) which will next be meeting on **March 7** in Bryn Mawr and **March 15** in Havertown. (see page 2)

We are pleased to announce a new webpage, [Resources for Transition Age Youth with Mental Illness](#). This page provides resources to help transition age youth (ages 16-22) who are living with mental health needs, as well as their family members. This webpage provides contact information for national support hotlines, text lines and online communities, multiple types of support group on campus and in the greater Philadelphia area, and multiple additional resources.

We hope to see you at one or more of our spring events,
Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: Forum: [Dual Diagnosis: What Is It and How Can I Help?](#) with Dr. Jena Fisher

Date: Sunday, **March 6** (snow date March 13), 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Avenue in Ardmore*

Note: Dr. Fisher is a psychologist who is the Director of Behavioral Health for the Philadelphia Department of Public Health. Her talk will focus on recognizing signs and symptoms of mental health and substance use difficulties, and what you can do to help a loved one. There will be ample time for questions and answers. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: **Bryn Mawr Family Member Support Group**

Date: Meets on Mondays, **March 7** and **April 5** at 7:00 p.m. (Meets the first Monday of every month at 7:00 p.m.)

Place: Bryn Mawr

Note: For family members of people with mental illness. For more information, please contact the group facilitator, Susie Vernick, at 610-649-5206.

Event: **Family-to-Family Education Program**

Date: Beginning on Wednesday, **March 9**, and meeting once a week for 12 weeks from 7-9:30 p.m.

Place: Meets at Bryn Mawr Hospital

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is taught by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. If you have questions or to register, please contact Sarah at 484-919-0069 or BrynMawrF2F@gmail.com. *Registration is required.*

Event: **Havertown NAMI Family Support Group**

Date: Meets on Tuesdays, **March 15** and **April 20**, from 7-8:30 p.m. (Meets on the third Tuesday of every month.)

Place: Presbyterian Church of Llanerch (211 Lansdowne Rd. in Havertown, PA 19083)

Note: This is a free, confidential and safe group of families helping other families who live with mental health challenges. In this support group, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges. For more information, please contact Nora at nora@huntjohnson.org.

Event: Workshop: **Understanding, Preventing and Managing Caregiver Burnout** with Edie Mannion

Date: Sunday, **April 10**, 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Avenue in Ardmore*

Note: Our workshop leader, Edie Mannion, LMFT (Licensed Marriage and Family Therapist), is the co-founder/director of the Training and Education Center at the Mental Health Association of Southeastern PA, a private therapist/consultant specializing in serious mental health disorders, and a family member. This workshop will include several opportunities for small group discussion. We will begin with a very brief business meeting. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: **Main Line NAMI on the Move – Stepping out for Mental Health Awareness**

Date: Saturday, **May 21**, registration and check-in beginning at 9:15 a.m.; walk beginning at 10 a.m.

Place: Bryn Mawr

Note: We are pleased to announce that this spring we will host our second annual local awareness-raising and fund-raising walk. This event, in the heart of the Main Line, will serve as a beacon to help light a path to services and resources available for individuals with mental illness and their family members. In addition, we will raise awareness of the need for better treatment and more supportive services. This walk will raise funds to support our ongoing free services for individuals with mental illness and their families. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

*Although some of our events are held at religious institutions, they are non-denominational and open to people of all beliefs.

Other Local Informational and Support Events

(Please see [Support Groups by County](#) for listings of local support groups.)

Event: NAMI Bucks County's **Peer-to-Peer Program**

Date: Beginning on **March 14** in Warminster and **March 16** in Perkasié

Note: Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. If you are interested in taking the Peer-to-Peer Recovery Course, please call 1-866-399-6264 to register or e-mail info@namibuckspa.org.

Event: **Night at the Movies: "Hollywood Beauty Salon"**, a movie showing and panel discussion

Date: Wednesday, **March 30**, from 7-9 p.m.

Place: Montgomery County Community College, Blue Bell Campus Science Center Auditorium, 340 Dekalb Pike in Blue Bell, PA 19422

Note: Hollywood Beauty Salon portrays life at an intimate beauty parlor inside of the Germantown Recovery Community, a non-profit mental health program in Northwest Philadelphia, where staff and clients alike are in the process of recovery. By gathering together to get their hair done, share stories, and support one another, they find a way to rebuild their lives. The documentary—which was work-shopped at the Salon over the course of four years—is also part of the recovery process, and the subjects of the film played an active part in shaping their own narratives and determining their unique individual styles. The film runs 90 minutes and will be followed by Q & A and a panel discussion and light refreshments. This event is free of charge and open to the public. However, an RSVP is appreciated by March 28th (215-361-7784).

Event: **Alzheimer's, Dementia, and other Memory Loss Conditions**

Date: Wednesday, **April 6**, from 7-9 p.m.

Place: Willow Grove Giant Supermarket, 315 York Road, Willow Grove PA 19090

Note: David C Weisman, MD, will talk on Alzheimer's, dementia, and other memory loss conditions. He currently serves as the director of Abington Neurologic Association's Trial Center, running clinical trials in Alzheimer's disease and mild memory loss, stroke, Parkinson's disease, and Multiple Sclerosis. Sponsored by New Directions Support Group for individuals and loved ones affected by depression and bipolar disorder (www.newdirectionssupport.org). For more information, please call 215-659-2366, ext. 6 or email Compass123@comcast.net.

Event: **Facing Down the Stigma of Mental Illness at Work and In Life**

Date: Monday, **April 25**, beginning at 5:45 p.m.

Place: Goodhart Hall, Bryn Mawr College

Note: Please join DMAX Foundation for their annual spring event as a distinguished and thought-provoking group of national speakers share their experiences in Facing Down the Stigma of Mental Illness – in the military, in the corporate world and in life. Speakers include: Major General Mark Graham & his wife Carol Graham who lost two sons in the military 8 months apart, Jeff to an IED and Kevin to suicide, and Diane Coutu, Rhodes Scholar, Yale graduate, Foreign Correspondent for *The Wall Street Journal* and *Time*, and McKinsey Communications Specialist who has had her successful career interrupted several times by psychotic episodes due to manic depression. The discussion will be moderated by **Maiken Scott**, award-winning producer, behavioral health reporter, and host at WHYY in Philadelphia. For more information and to purchase tickets, please go to <http://www.dmaxfoundation.org>.

Support Groups by County in Southeastern PA

Please visit the recently updated [Support Groups by County in Southeastern Pennsylvania](#) page on our website for information about support groups for family members and for individuals living with mental illness in [Chester](#), [Delaware](#), [Montgomery](#) and [Philadelphia](#) Counties. For a complete listing, please go to <http://namipamainline.org/support-groups-by-county-in-southeastern-pennsylvania/>.

Grants Available for Families with a Child or Teen with Mental Health Needs: Apply Now

NAMI PA, Main Line is pleased to offer small grants to families with a child or teen who could benefit from a structured program that provides the opportunity to practice social skills or supports other therapeutic goals for a child with a DSM diagnosis (such as ADD/ADHD, anxiety, autism spectrum disorder, depression, obsessive-compulsive disorder, pervasive developmental disorder, etc.). The purpose of these grants is to provide children and teens access to a program recommended by a primary care physician or licensed clinician, including a social skills program, a recreational program that meets social skills needs, or a program that meets other therapeutic goals. Grants will not exceed \$200. Also, the sum of all grants awarded within one fiscal year will depend on the total amount available to be dispersed, limited to \$1,000 annually. Please note that we can only provide grants for services provided by a 501(c)(3) organization.

Families who meet the following criteria are eligible to apply for a grant:

- have a dependent or dependents between the ages of three and 16 with a diagnosed mental illness (such as ADD/ADHD, anxiety, autism spectrum disorder, depression, obsessive-compulsive disorder, pervasive developmental disorder, etc.)

- have an annual household income that does not exceed \$75,000, plus \$15,000 for each dependent member of the household. (Note: Dependents are defined by the IRS at <http://tiny.cc/irsdefinitions>, and do not include spouses.)
- can provide a written note from a licensed provider stating that a named program would be of benefit to the child or teen's mental health needs.
- can provide a program description from the proposed provider that includes the total cost of the program, including registration and supply fees.
- can provide the billing address of the program provider for remittance of the grant monies.
- can provide documentation showing that the program is a non-profit, charitable, 501(c)(3). (Please go to <http://tinyurl.com/ApprovedProviders> for a listing of 501(c)(3) programs that have been recommended by other families to NAMI, PA Main Line.)
- have not received a grant from NAMI PA, Main Line in the last year.
- complete the Grant Application form.

All application materials must be received before the application can be reviewed. For more information and to apply, please complete our online application at <http://namipamainline.org/support/grant/> or call 267-251-6240 to request a paper application.

News You Can Use

Our Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania page summarizes the **types of services available and provides information about how to find available services**. For more info, go to <http://namipamainline.org/info-resources/intro-to-services/>.

Online guides to **publicly funded mental health resources** in Bucks, Chester, Delaware, Montgomery and Philadelphia Counties is available at <http://namipamainline.org/services-in-sepa-2/intro-to-services/other-local-resources/>.

Mental Health First Aid Guidelines for **helping someone with depression, panic, psychosis, problem substance use, and other mental health problems** are available at: <https://mhfa.com.au/resources/mental-health-first-aid-guidelines>.

Information about **prescription drug assistance programs** is available at <https://www.pinterest.com/namipamainline/prescription-drug-assistance-programs/>.

Very useful guides to understanding and helping someone cope with major mental illnesses, addiction, trauma and abuse, grief and loss, or dementia, as well as advice on stress management and sleep, are available at: <http://helpguide.org/>.

Maintaining a Healthy Relationship with a Loved One who has a Mental Illness

Adapted from NAMI National

Relating to someone you love who has a mental illness can be difficult and frustrating, but there are strategies you can use to improve your communication with them. There may be a lot you don't know about how your relative sees things when they're symptomatic. These tips can help you build a stronger foundation for your relationship.

To get started on a better path in your relationship with your family member, first acknowledge that you can't change them, only yourself. But the changes you make can improve your lives together. It's critical to know as much as you can about their illness so you understand what they may be going through.

Tips from NAMI National:

- Don't Buy Into Stigma (separate the illness from the person)
- Understand Confusing Behavior (Because many of the symptoms of mental illness express themselves through social behavior, it's natural to feel hurt by the symptoms. We tend to assume behavior is

conscious and deliberate. It can be hard to remember the truth: that your loved one has an illness, and that the behavior is part of his or her symptoms.)

- See Opportunities for Improvement (You and your relative can still make conscious choices that improve your situation. You may agree to cooperate on communicating better, you may each work on keeping up friendships and other supportive relationships, you may each see a psychologist for talk therapy.)
- Get Support from Other People
- Expect Decent Behavior (Making adjustments to accommodate for your relative's illness doesn't erase the need for basic structures and expectations. Tell your relative the standards you need him to meet so you can live well together. Make sure your loved one knows that you see him as a whole person, and that you expect him to follow those standards.)
- Learn to Communicate Effectively (Please go to <http://namipamainline.org/communicating-with-a-loved-one-who-has-a-mental-illness/> for tips on how to communicate with a loved one who has a mental illness)
- See It from Their Perspective (Learn as much as you can about your relative's illness and what they experience. Because of their symptoms, they may perceive things differently than you think.)
- Focus On Your Larger Goals (When you're upset, try to remind yourself what your true, long-term goal is. Start conversations soon after something happens that upsets you, but after you've had a few minutes to cool down and talk calmly.)
- Use Direct, Simple and Clear Language (Get the person's attention first. Cover one topic at a time and share small amounts of information at once. Say exactly what you mean rather than hinting at it.
- Describe What You Want and Why (State the facts of the situation, because usually that's an area in which you can agree. Say exactly what action you're requesting the person to take, and how you'd feel if they'd do that.

The complete article, including examples for each tip, is available at: <http://www.nami.org/Find-Support/Family-Members-and-Caregivers/Maintaining-a-Healthy-Relationship>.

Community Inclusion Peer Facilitator Certification Training Dates in Philadelphia Announced

The Temple University Collaborative on Community Inclusion and the Copeland Center for Wellness and Recovery announce the first two-day training leading to the Community Inclusion Peer Facilitator Certification.

Course Description:

This 2-day experiential course is designed to build on the information presented in the introductory webinar (see pre-requisite below) and to further prepare certified peer specialists to promote and increase community inclusion and wellness for the primary benefit of people receiving public mental health services. Participants of the 2-day training will also receive a Community Inclusion Peer Facilitator Toolkit.

Course Dates:

Wednesday, **April 6**, 2016 from 9:00am to 5:00pm
Thursday, **April 7**, 2016 from 9:00am to 5:00pm

Go to the link below for more information and to register!

<https://copelandcenter.com/sessions/community-inclusion-peer-facilitator-certification>

Pre-requisite:

Attendance in the free 1.5 hour webinar - **Supporting Increased Community Participation: An Introduction to Community Inclusion for Peer Providers** initially offered on December 3, 2015 and January 27, 2016. This webinar was recorded and to fulfill the training pre-requisite you can listen to the recording by following this link: <https://copelandcenter.com/resources/supporting-increased-community-participation-introduction-community-inclusion-peer>

NAMI PA

As some of you may have heard, NAMI National has withdrawn the charter from the organization previously known as NAMI PA. NAMI National is developing plans to rebuild a new, more effective NAMI PA with input from NAMI members across the state.

In the meantime, NAMI PA, Main Line will continue our activities without interruption. We invite you to participate in our activities (see pages 1-2) and to volunteer to help our affiliate provide education, support and outreach (<http://namipamainline.org/home/volunteer-with-nami-pa-main-line/>).

Walk With Us

We are pleased to announce that this spring we will host our second annual local awareness-raising, fund-raising walk, [Main Line NAMI on the Move – Stepping out for Mental Health Awareness 2016](#) on **Saturday, May 21st** at Bryn Mawr Community Center Park.

This event, in the heart of the Main Line, will serve as a beacon to help light a path to services and resources available for individuals with mental illness and their family members. In addition, we will raise awareness of the need for better treatment and more supportive services. We hope you will join us for this family-friendly outreach and fund-raising walk in **Bryn Mawr** on Saturday morning, **May 21** (rain or shine). Registration is scheduled for 9:15-9:45 a.m. at Bryn Mawr Community Center Park (9 S. Bryn Mawr Ave., Bryn Mawr, PA 19010), which is next to Ludington Library. The walk will be a 5K loop on Lancaster Avenue, beginning at 10am, with a 1K option if you prefer.

You can help to make this event a success by:

- making a [tax-deductible donation](#)
- registering to [be a walker](#)
- encouraging friends, family and acquaintances to [donate](#), even if you will not be a walker.
- organizing a [Walk Team](#) of walkers and donors
- becoming a [corporate sponsor](#)

Please see the Main Line NAMI on the Move flyer on the next page for more information.

MAIN LINE NAMI ON THE MOVE – STEPPING OUT FOR MENTAL HEALTH AWARENESS

*Free Local Family-Friendly
5K Walk with 1K Option*



WHEN

Saturday, **May 21** (rain* or shine)
9:15-9:45 a.m. – Registration
10:00 a.m. – Walk

WHERE

Beginning at the **Bryn Mawr** Community Center Park (9 S. Bryn Mawr Avenue, Bryn Mawr, PA 19010), walk a 5K or 1K mapped loop along Lancaster Avenue, through Bryn Mawr.

*If it rains on May 21, registration will be in the Large Meeting Room at the Ludington Library: 5 S. Bryn Mawr Ave., Bryn Mawr PA, 19010.

BENEFITING

Main Line NAMI's free education, support, outreach and advocacy activities serving our neighbors in Main Line communities and the greater Philadelphia area. Main Line NAMI is an affiliate of the National Alliance on Mental Illness.

For registration or to make a donation, and for more information, visit:
<http://namipamainline.dojiggy.com>

Thank You to Our Generous Contributors

If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or send your check to NAMI PA, Main Line, 320 Woodley Road, Merion Station, PA 19066.

A tribute is a good way to mark anniversaries, weddings and other special occasions, to show appreciation, or to express sympathy for the loss of a loved one. We will send a note of appreciation to anyone you designate. When designating NAMI in an obituary notice, please specify NAMI PA, Main Line.

We are most grateful for the following donations received in January and February, 2016.

Tributes

In Memory of William Morris Bissell	Lawrence Master
In Memory of Robin Smith	Carol Ann and Samuel Kulla
In Memory of Edith Stone	Michael and Judy Solomon
In Memory of Charlene Trichon	Anonymous
In Honor of Ingrid Waldron	Anonymous

General Contributions

Anonymous (3)	Maria Calderara	Linda Hasert and Michael
Bob and Sharon Auerbach	Bart Harrison	Freeman
Bill and Margie Buffington		

To join, renew your membership, and/or make a donation, please fill out this form and send it with your credit card information or check made payable to NAMI PA, Main Line, 320 Woodley Road, Merion Station, PA 19066-1413 or go to <http://namipamainline.org/sign-up/>.

First Name _____ **Last Name** _____

Spouse (optional) _____ **Telephone** (____) _____

Address _____
Street Town State Zip

Email _____ **County** _____

Payment Information:

Check _____ \$35 Individual/ Family membership _____ \$3-\$34 For those with limited income
_____ Additional donation is especially appreciated – Thank you! \$ _____

We will be acknowledging donations in our newsletters and on our website. If you prefer your donation to be anonymous, please check here. _____

If you want any additional donation _____ in *honor of* or _____ in *memory* of someone special, let us know his/her name: _____

We would like to acknowledge your donation to the honoree or family/friend for an in memory donation, so please give us the address.

Credit Card _____ \$35 Individual/ Family membership _____ \$3 For those with limited income
(If you are using a credit card and would like to make a donation in addition to your membership dues, unfortunately that will need to be a separate transaction; please go to <http://namipamainline.org/donate/>.)

Charge my: Visa Master Card American Express

Name as it appears on Card: _____ Account No: _____

Expiration Date: _____ Validation Code: _____ Signature: _____
(3 digit code on the back or 4 digit code on front of card for AMEX)

NAMI PA, Main Line is a non-profit organization under Section 501(c)(3) of the IRS Code.
Dues and donations are income tax deductible.