



NAMI PA, Main Line  
 Affiliated with National Alliance on Mental Illness  
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## Main Line NAMI Newsletter – May, 2016

Table of Contents	
Main Line NAMI President’s Message – page 1	News You Can Use – page 5
NAMI PA, Main Line Activities – pages 1-2	The Evidence for Stigma Change – page 6
Other Local Information/Support Events – page 2	Research Study on Distance Education – page 6
Main Line NAMI on the Move – Stepping out for Mental Health Awareness sponsors and poster – page 3	Suicide is Preventable - Call to Action – page 6
May is Mental Health Month/Life in Recovery – pgs.4-5	March and April Donors – page 6
	Membership Form – page 7

### President's Message

We hope you will join us for [Main Line NAMI on the Move – Stepping out for Mental Health Awareness](#), our family-friendly outreach and fund-raising walk on Saturday morning, **May 21** in Bryn Mawr. (see page 3)

We are pleased to announce a new webpage, [May Is Mental Health Month](#), which describes **what mental illness feels like** and includes information about symptoms and effective treatments for anxiety disorders, depression, bipolar disorder and schizophrenia We encourage you to learn and share information about the experience of mental illness in order to increase awareness and early detection and treatment and to help reduce stigma. We hope you will follow our informative [Facebook](#) posts and [tweets](#) throughout the month and share them with your friends and followers.

We encourage you to participate in one or both of our [support groups](#). The Bryn Mawr support group will meet next on **May 2** and the Havertown support group will meet next on **May 17**.

We hope to see you at our walk on May 21,  
 Ingrid Waldron, President  
 NAMI PA, Main Line

### NAMI PA, Main Line Activities

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 Community Center Park, 9 S. Bryn Mawr Ave., adjacent to Ludington Library  
 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](mailto:info@NAMIPaMainLine.org) or 267-251-6240.

Event: **Bryn Mawr Family Member Support Group**  
 Date: Meets on Mondays, **May 2** and **June 6** 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: **Havertown NAMI Family Support Group**  
 Date: Meets on Tuesdays, **May 17** and **June**, 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](mailto:nora@huntjohnson.org).

\*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: New Directions Support Group's **Second Annual Arts Festival**

Date: Sunday, **May 8**, from 1-4 p.m.

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

Note: Join New Directions Support Group for their Second Annual Arts Festival featuring comedy, dance, poetry, visual arts and more. Enter on the right of Giant Supermarket. Make a quick right and take the stairs or elevator to second floor. Classroom is at the end of the hall.

Event: **Life After Trauma: Using Acceptance and Commitment Therapy to Revitalize Interrupted Lives**

Date: Tuesday, **May 10**, from 1-2:30 p.m.

Place: This is a webinar.

Note: Acceptance and Commitment Therapy (ACT) is a structured intervention that applies acceptance techniques to internal experience while encouraging positive behavior change that is consistent with individual values and goals. This presentation will focus on a brief introduction to ACT and application of ACT to PTSD. This webinar will be presented by **Robyn D. Walser, PhD** is Director of TL Consultation Services, Associate Director at the National Center for PTSD and is Associate Clinical Professor at University of California, Berkeley. As a licensed psychologist, she maintains an international training, consulting and therapy practice. For more information and to register, please go to <http://bit.ly/1SBU57M>.

Event: **Youth Mental Health First Aid Training**

Date: Offered on Saturday, **May 14**, from 8:30 a.m. – 4:30 p.m. or Saturday, **June 4**, 8:30 a.m. – 4:30 p.m.

Place: SpeakUp! Office, 528 E. Lancaster Ave. in St.Davids, PA 19087

Note: Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Pre-registration is required. Please contact Colleen Philbin at [cphilbin@speakup.org](mailto:cphilbin@speakup.org) or 610-519-9600 for more information and to register. If you cannot make this training, SpeakUp! can help you find another organization offering it. For more information about YMHFA: <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

Event: **Creating Health Transitions for Transition Age Youth in Bucks County**

Date: Wednesday, **June 22**, from 9:00 a.m. – 3:30 p.m.

Place: Spring Mill Manor, 171 Jacksonville Road, Ivyland, PA 18974

Note: This **FREE** event will focus on providing participants with a better understanding of, and strategies to address the specific needs of **young adults** in terms of engagement, treatment, support and retention. This training is intended for Transition age youth (16-25), family members, professionals from both the child and adult systems, Case Managers, Peer Supports, and anyone interested in learning more about treatment for transition age youth. There will be four breakout sessions, a panel discussion, and a keynote speaker. Continuing Education Credits are available. **Registration is required and space is limited.** Go to <https://www.surveymonkey.com/r/CHHforTAY062216> to register. For more information, please contact Debbie Moritz at NAMI of PA, Bucks County Chapter at 1-866-399-NAMI(6264). Continental breakfast and lunch will be provided.

**Walk With Us on May 21!**

We look forward to seeing you at [Main Line NAMI on the Move – Stepping out for Mental Health Awareness 2016](#) on **Saturday, May 21st** at Bryn Mawr Community Center Park (9 S. Bryn Mawr Ave., Bryn Mawr, PA 19010).

Thanks to our many registered walkers, volunteers, donors and sponsors, we are well on our way to reaching our fundraising goal! It's not too late to participate and we hope you'll join us for a fun-filled morning.

You can help to make this event a success by registering to [be a walker](#), making a [tax-deductible donation](#), encouraging friends, family and acquaintances to [donate](#), even if you will not be a walker or organizing a [Walk Team](#) of walkers and donors.

We look forward to seeing you rain or shine on May 21<sup>st</sup>



**MAIN LINE NAMI'S  
2ND ANNUAL WALK FOR  
MENTAL HEALTH AWARENESS**

**SATURDAY MAY 21ST**  
*5K Walk with 1K Option*

*Join Us For This Free "Family Friendly"  
Community Event Featuring Music, Food, Games,  
Face Painting and Raffle!*

**RAIN OR SHINE!**  
9:15-9:45 a.m. – Registration  
10:00 a.m. Walk followed by free food and games!

**BRYN MAWR COMMUNITY CENTER PARK**  
*Adjacent to the Ludington Library*

**VISIT NAMIPAMAINLINE.ORG**  
**TO REGISTER, DONATE & LEARN MORE!**

**BENEFITING MAIN LINE NAMI**  
*SERVING FAMILIES IN OUR COMMUNITY  
THROUGH FREE EDUCATION, SUPPORT, OUTREACH AND ADVOCACY*

**MAIN LINE NAMI IS AN AFFILIATE OF  
THE NATIONAL ALLIANCE ON MENTAL ILLNESS**

**Thank you to our generous sponsors of Main Line NAMI on the Move!**

<b>Gold Sponsors</b>	<b>Silver Sponsors</b>	<b>Bronze Sponsors</b>	<b>Contributing Sponsors</b>
<a href="#">Visiting Angels</a>	<a href="#">Bryn Mawr Hospital</a>	Betsey Useem	Alpha Kappa Alpha Sorority - Rho Theta Omega Chapter
	<a href="#">Heart and Hand for the Handicapped</a>	<a href="#">Delaware County System of Care</a>	<a href="#">Assigned Counsel</a>
	<a href="#">WiseWorking, LLC</a>	<a href="#">The Greystone Program at Friends Hospital</a>	<a href="#">Bala Child and Family Associates</a>
		<a href="#">Sabrina's Café</a>	<a href="#">Ellen Berman, MD</a>
		<a href="#">Shreiner Tree Care</a>	<a href="#">Financial Independence Planning, LLC</a>
			<a href="#">Judy Green, Family-to-Family Facilitator</a>
			<a href="#">Dr. Michael Ascher</a>
			<a href="#">PLAN of PA</a>
			<a href="#">Total Leadership</a>

## May is Mental Health Month

During the month of May, NAMI and participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

We believe that these issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions. This May, we will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like. Please see below for two informative infographics on life in recovery prepared by Mental Health America.

Please follow our informative [Facebook](#) posts and [tweets](#) throughout the month.

# LIFE IN RECOVERY

**PEOPLE RECOVERING FROM MENTAL ILLNESSES SAY IT FEELS LIKE:**

- A great big sigh of relief
- Happiness and joy can be a part of your life again
- Accepting your feelings and illnesses is a way of respecting and helping others who are struggling
- Celebrating small victories
- Having energy to do things again
- A fog lifts from your mind and you can see the end of a thought
- It's a little scary at first, because happiness and relief are so different than the hard times you've gotten used to. But you also don't want those hard times to come back
- Getting a piece of your old self and your life back
- You can let go of the small things and relax enough to live life
- Realizing that you aren't as miserable as you were, but the same amount as everyone else
- Having your motivation back
- You've made it out of a dark forest
- Realizing that your life and your goals are worth fighting for
- Lips and downs
- Freeing to realize that you don't always have to engage with what is going on around you, because not everything really matters
- The more you face your illness, the easier it is to talk about it
- There is hope for your life
- Your soul has been rejuvenated
- A weight being lifted from your shoulders, your muscles loosen, and you can focus
- Being alive again
- You can be satisfied with normal things

**RECOVERY IS:**

- 1 A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential!
- 2 Regaining losses and rebuilding relationships
- 3 Trusting yourself
- 4 Finding your place in the world
- 5 Lifestyle changes
- 6 Understanding what does and does not help you feel better
- 7 Respect—feeling that you deserve it and are treated with it
- 8 Something that takes time
- 9 Incremental—with plenty of ups and downs
- 10 Doing what you can to help others and helping yourself in the process
- 11 Reclaiming your power
- 12 Getting more of what is important to you

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**#mentalillnessfeelslike** 🙌 📷 🗣️ 🎬

Share what life in recovery from mental illness feels like for you in words, images or video by tagging your social media posts with #mentalillnessfeelslike.

Posts will be displayed at [mentalhealthamerica.net/feelslike](http://mentalhealthamerica.net/feelslike) where you can also submit anonymously if you choose.

- ▶ Speak up about your own experiences
- ▶ Help others who may be struggling to explain what they are going through to figure out if they are showing signs of a mental illness
- ▶ Break down the discrimination and stigma surrounding mental illnesses
- ▶ Show others that they are not alone in their feelings and their symptoms

**RECOVERY IS NOT:**

- 1 Instant
- 2 A 12-step program, but they can help
- 3 A one-size-fits-all solution
- 4 Found in a pill, although medication does play a role in recovery for many people
- 5 A destination that you arrive and stay at; it's a continuous journey
- 6 Easy—it requires hard work and dedication
- 7 A cure

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**THE OTHER "R" WORDS ASSOCIATED WITH RECOVERY**

**RESPONSE**

is a term that service providers use to refer to improvement in your illness as a result of treatment

**RESILIENCE**

is about adapting to stress and change in a way that helps you to become a stronger person over time

**RELAPSE**

means that symptoms of a mental illness have returned and is part of the recovery process - there will be ups and downs

**ROLES**

are about having a meaningful sense of your purpose and who you are outside of your mental illness

## TIPS FOR TACKLING RECOVERY



Embrace the idea of change. Making lifestyle changes is difficult for everybody, but you will need to mentally prepare yourself for the fact that change is necessary (and worth it) in order to achieve recovery.



There is tremendous power in peer support. Peer support services put someone in your corner who has "been there, done that" and can help you find your own way through the recovery process. Some places you can find peer support are at your local MHA affiliate, community mental health centers, drop-in centers, and peer-run support groups.



Forgive yourself for failure. Recovery doesn't happen overnight, and there are going to be days that are going to go really well, and other days that are going to be crappy. Having a crappy day, or showing signs of relapse or recurrence, doesn't mean that you haven't made any progress or that you should give up trying to get better. Be kind to yourself and keep fighting for the life you want.



Learn about all the resources available to you to support your recovery. Therapy and medication are the two most widely known treatment options, but recovery is about more than treatment. Other resources and services include: case management, supported employment, supported education, family supports, warmlines, peer support specialists and psychoeducation.



Think about who among your friends and family members you can turn to for support. The person or people you choose should care about you, believe in you and believe in your worth. Having someone you can call or meet up with if you are feeling lonely or starting to struggle can help you to feel better and stay accountable to yourself and your recovery goals.



Set yourself up for success by creating recovery plans that you are confident you can stick to. Try this exercise: Think about a change you want to make to help you reach a recovery goal. Now rate your confidence in your ability to make that change on a scale of 1 (not confident) to 10 (positive you can do it). If you aren't confident at a level of 7 or higher, revise your plan. Start with smaller changes that you are sure you can make, and build up to tougher changes to reach your goals over time.

### FIND HELP NEAR YOU

Locate an MHA Affiliate in your area by visiting [mentalhealthamerica.net/find-affiliate](http://mentalhealthamerica.net/find-affiliate)

Find treatment providers using SAMHSA's Treatment Locator at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

SOURCES  
<http://www.mentalhealth.gov/learn/recovery/>

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[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

## RECOVERY IS POSSIBLE

AT ALL STAGES OF MENTAL ILLNESS, BUT THE EARLIER YOU TAKE ACTION THE EASIER IT IS TO GET BETTER

To learn more visit:

[mentalhealthamerica.net/recovery](http://mentalhealthamerica.net/recovery)

SCREENING CAN HELP CATCH MENTAL HEALTH PROBLEMS EARLY—B4STAGE4.

Understanding what is going on with your mental health is the first step towards recovery.

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.



[www.mhascreening.org](http://www.mhascreening.org)  
Anonymous • Free • Confidential

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

  
Mental Health America  
**B4Stage4**

## 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/>.

Please visit the [Support Groups by County in Southeastern Pennsylvania](http://bit.ly/1xV2rlm) page (available at <http://bit.ly/1xV2rlm>) 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.

## Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change

*Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change* explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States. This report is available as a free download from National Academies Press at <http://tinyurl.com/StigmaChange>.

## Research Study on Distance Supported Education

The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities is conducting a research study to learn more about how they can support students with mental health issues to help them succeed in school. Students who enroll in the study may have a chance to work with someone who will help them to set goals related to their education, relationships, mental health and campus life, and receive encouragement and support to achieve their goals. All study communication will take place electronically (e.g. telephone, email, text message, skype). For more information about this study, including eligibility criteria and participation compensation, please go to <http://tucollaborative.org/wp-content/uploads/2015/08/Supported-Education-Recruitment-Flyer-Wordpress.pdf>.

## What Hurts Most is Suicide is Preventable – Call to Action

(cross-posted from NAMI National)

The rate of suicide in America is increasing. It breaks hearts and scars communities.

Where is Congress?

In the Senate, the Mental Health Reform Act of 2016 (S. 2680) has passed committee, but that's not enough. It needs to be voted on by the full Senate.

Reach out to your Senators. Let them know that S. 2680 will help the suicide epidemic by:

- Investing in mental health services and supports that are evidence-based, so people know they are getting care that works.
- Prioritizing early identification and intervention, so people can get the right mental health care at the right time.
- Emphasizing outcome measures, so we know if people are getting better or not.
- Providing suicide prevention resources across the country.

**S. 2680 will help save precious lives. But, only if it passes.**

Go to <http://tinyurl.com/jvb2ftz> to email your Senators today!

## Thank You to our Generous Donors

We are most grateful for the following donations received in March and April, 2016.

### General Contributions

Anonymous (9)  
The Audrey S. Knewstub Foundation  
Karen Dwyer  
Bob and Nancy Helfman  
Ella Lomazova

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.**