



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
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 267-251-6240

Main Line NAMI Newsletter – July, 2016

Table of Contents	
Main Line NAMI President’s Message – page 1	National Minority Mental Health Month – pages 5-6
NAMI PA, Main Line Activities – pages 1-2	News You Can Use – page 7
Other Local Information/Support Events – page 2	Research Study Needs Volunteers – page 7
Main Line NAMI on the Move – Stepping out for Mental Health Awareness – pages 2-4	May and June Donors – page 7
	Membership Form – page 8

President's Message

Many thanks to everyone who helped to make our [Main Line NAMI on the Move – Stepping out for Mental Health Awareness](#) a big success! (see pages 2-4)

We encourage you to participate in one or both of our [support groups](#). The Bryn Mawr support group will meet next on **July 11** and the Havertown support group will meet next on **July 19**. (see below)

We are pleased to announce our fall events.

- Workshop: [Communicating with a Loved One Who Has a Mental Illness](#), with Ingrid Waldron, Sunday, **September 18**, 2-4 p.m., at Ardmore Presbyterian Church. (see below)
- Forum: [Cognitive Behavioral Therapy for Serious Mental Illness](#), with Dr. Jena Fisher, Sunday, **October 23**, 2-4 p.m., at Ardmore Presbyterian Church. (see page 2)

Best wishes for an enjoyable and healthy summer,
 Ingrid Waldron, President
 NAMI PA, Main Line

NAMI PA, Main Line Activities

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

Date: Meets on Mondays, **July 11** and **August 1** 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, **July 19** and **August 16**, 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: [Communicating with a Loved One Who Has a Mental Illness](#), with Ingrid Waldron

Date: Sunday, **September 18**, 2-4 p.m.

Place: Ardmore Presbyterian Church* (5 W. Montgomery Ave. in Ardmore)

Note: This workshop will help you to improve your ability to communicate effectively with a loved one who may be deeply depressed, highly anxious, psychotic, and/or dealing with other symptoms of mental illness. The workshop will include several opportunities to work in small groups of workshop participants

to practice skills that can contribute to better communication, as well as opportunities to share your experiences, including your difficulties and successes. The small group leaders have a wide variety of experience and expertise to help you improve communication with a loved one who has a mental illness. Please join us for this **free** event. For more information, contact us at info@NAMIPAMainLine.org or 267-251-6240.

Event: Forum: [Cognitive Behavioral Therapy for Serious Mental Illness](#), with Dr. Jena Fisher
Date: Sunday, **October 23**, 2-4 p.m.
Place: Ardmore Presbyterian Church* (5 W. Montgomery Ave. 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 include suggestions that family members can use to help their loved ones with serious mental illness. There will be ample time for questions and answers. 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: **Mental Health First Aid Training – Older Adult Training**
Date: Offered on Wednesday and Thursday, **June 29-30**, from 1-5 p.m. (check-in begins at 12:30 p.m.); participants required to attend both sessions to receive certification
Place: Trinity Lutheran Church, 1000 Main Street, Lansdale, PA 19446, Meeting Rooms: 125-127
Note: Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. This Course is specifically designed for those who may support an older adult. To register go to: www.fivecountymh.org, look under “Mental Health First Aid Tab, Upcoming Trainings” or contact regional.mh@pmhcc.org or at 610-313-0968.

Event: **Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) Meetings**
Date: Meets on the 2nd Tuesday of the month in Delaware County and on the 2nd Wednesday of each month in Montgomery County
Place: Delaware County meetings are held at YMCA (2110 Garrett Rd, Lansdowne, PA 19050); Montgomery County meetings are held at Norristown Public Library (1001 Powell Street, Norristown, PA 19401)
Note: MY LIFE is made up of youth between the ages of 13 and 23 who have experience with the following issues:

- Mental health
- Substance abuse
- Juvenile justice
- Foster care

MY LIFE is helping to improve mental health, substance abuse, foster care and juvenile justice systems. It gives youth the chance to become leaders in their communities and work on improving systems dealing with issues that are meaningful to them. If you live in Delaware County, please contact Shawn Carroll for more information at SPCarroll@magellanhealth.com. If you live in Montgomery County, please contact Timothy Connors for more information at TJConnors@MagellanHealth.com.

Main Line NAMI on the Move was a Success – Thanks for Supporting Us!

We are grateful to each and every one of you who supported [Main Line NAMI on the Move - Stepping out for Mental Health Awareness](#) on May 21.

We would especially like to thank the more than 25 volunteers who helped with planning, photography, set-up and clean-up on Saturday; the many walkers, teams, and individuals who

participated in raising awareness and funds; the 21 sponsors who supported our event (listed below); and the numerous local businesses that made in-kind donations to our raffle and refreshments table.

Together, we surpassed our fundraising goal!

SPECIAL THANKS TO OUR SPONSORS

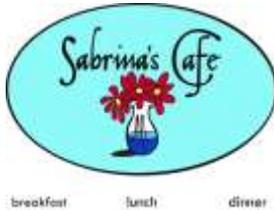
Gold Sponsor



Silver Sponsors



Bronze Sponsors



Betsey Useem

Contributing Sponsors





Integrated Financial Solutions, Inc.

In-kind Donors

We thank the following Main Line businesses for contributing to our prize raffle:

[Bryn Mawr Film Institute](#), [Bryn Mawr Running Company](#), [Carrabba's Italian Grill](#), [Creative Clubhouse](#), [Dish & Dabble](#), [First Watch](#), [Gullifty's](#), [Marple Sports Arena](#), [Robertson's Flowers & Events](#), [The Play Café](#), [Via Bellissima](#), [Wynnewood Lanes](#)

We thank the following Main Line businesses for providing refreshments and/or facilities:

[Acme](#), [First Watch](#), [Giant](#), [Ludington Library](#), [Starbucks](#), [Trader Joe's](#), and [The Shear Touch](#)

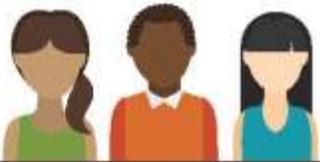


Photos by Rich Dunoff and Paul Schick

July is National Minority Mental Health Month

Mental illness affects one in five adults and one in 10 children in America, according to the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA). The U.S. Surgeon General reports that minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to and availability of mental health services and often receive a poorer quality of mental health care. Furthermore, mental illness is a leading cause of disability, yet nearly two-thirds of people with a diagnosable mental illness do not seek treatment, and racial and ethnic groups in the U.S. are even less likely to get help. In 2008, the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was a champion for mental health education and support among individuals of diverse communities. During National Minority Mental Health Month, help raise awareness in your community. Encourage your family, friends, loved ones and clients to learn more about improving mental health and illness.

Finding **MENTAL HEALTH CARE** that Fits Your **CULTURAL BACKGROUND**



What is Cultural Background?

Culture is a particular group's beliefs, customs, values and way of thinking, behaving and communicating. Cultural background affects how someone:

- Views mental health conditions
- Describes symptoms
- Communicates with health care providers such as doctors and mental health professionals
- Receives and responds to treatment

What is Cultural Competence?

Cultural competence is the behaviors, attitudes and skills that allow a health care provider to work effectively with different cultural groups. Finding culturally competent providers is important because they understand the essential role that culture plays in life and health. A culturally competent provider includes cultural beliefs, values, practices and attitudes in your care to meet your unique needs.

Tips for Finding a Culturally Competent Provider

Research Providers

- Contact providers or agencies from your same cultural background or look for providers and agencies that have worked with people who have a similar cultural background.
- Ask trusted friends and family for recommendations.
- Look online or ask for referrals from cultural organizations in your community.
- If you have health insurance, ask the health plan for providers that fit your cultural background.



Ask Providers These Questions

- Are you familiar with my community's beliefs, values and attitudes toward mental health? If not, are you willing to learn about my cultural background and respect my perspective?
- Do you have experience treating people from my cultural background?
- Have you had cultural competence training?
- Are you or members of your staff bilingual?
- How would you include aspects of my cultural identity, such as age, faith, gender identity or sexual orientation, in my care?



Other Things You Can Do

- Tell the provider about traditions, values and beliefs that are important to you.
- Tell the provider what role you want your family to play in your treatment.
- Learn about your condition, particularly how it affects people from your culture or community.
- Look around the provider's office for signs of inclusion. Who works there? Does the waiting room have magazines, signs and pamphlets for you and your community?





National Alliance on Mental Illness

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 NAMICommunicate
 notalone.nami.org | ok2talk.org

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www.nami.org/minoritymentalhealth/
800-950-6254

MULTICULTURAL MENTAL HEALTH



Does Mental Health Matter?

Mental health directly and indirectly impacts all of us.



1 in every 5 adults
in the U.S. experiences a mental health condition.

1 in every 5 children
ages 13-18 have or will have a serious mental health condition.

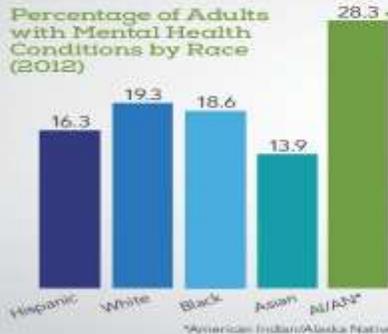
Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.

Mental health conditions can affect many areas of your life including: home, work, school, relationships with others, sleep, appetite, decision making and may worsen other medical problems.

Does Mental Health Affect My Community?

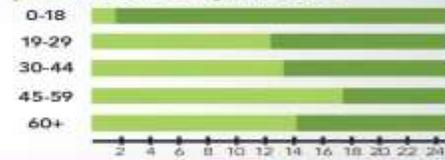
Mental health affects everyone regardless of culture, race, ethnicity, gender and sexual orientation.

Percentage of Adults with Mental Health Conditions by Race (2012)



At 28.3%, American Indians and Alaska Natives have the highest rate of mental health conditions among all communities.

Rate of Suicides in the U.S. by Age per 100,000 People (2007)



Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

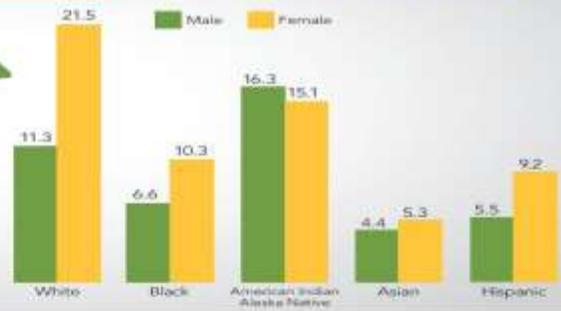
LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.



What Critical Issues Do Multicultural Communities Face?

- ✓ Less access to treatment
- ✓ Less likely to receive treatment
- ✓ Poorer quality of care
- ✓ Higher levels of stigma
- ✓ Culturally insensitive health care system
- ✓ Racism, bias, homophobia or discrimination in treatment settings
- ✓ Language barriers
- ✓ Lower rates of health insurance

Use of Mental Health Services among Adults (2008-2012)



Consequences

- Misdiagnosis and/or people dropping out of care.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

Signs Someone May Need Help

- ⚠ Feeling very sad or withdrawn for more than 2 weeks. For example, crying regularly, feeling fatigued, feeling unmotivated.
- ⚠ Trying to harm or kill oneself or making plans to do so.
- ⚠ Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ⚠ Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- ⚠ Sudden or unexplained physical aches and pains such as headaches or backaches.

- ⚠ Severe mood swings that cause problems in relationships.
- ⚠ Repeated use of drugs or alcohol.
- ⚠ Drastic changes in behavior, personality or sleeping or eating habits. For example, waking up early, not eating, eating too much or throwing up.
- ⚠ Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- ⚠ Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

Is there hope?



Yes, there is hope.
When you start treatment early and play a strong role in your own recovery process you can live a full and successful life. Culturally competent care can improve access to and quality of treatment and services. This means better outcomes.

Ways to get help:

- 👤 Talk to your doctor
- 👤 Get a referral to a mental health specialist
- 👤 Work together with your mental health provider to integrate your culture into your treatment plan
- 🗨️ Connect with other families
- 📖 Learn more about mental health
- 🌐 Visit www.nami.org

* This document was created in partnership with the National Institute of Mental Health (www.nimh.nih.gov), the Substance Abuse and Mental Health Services Administration, the National Health Service, and the National Center for Minority Health and Health Disparities, and the National Center for Cultural Competence.

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/>.

Recovery is possible at all stages of mental illness, but the earlier you take action, the easier it is to get better. Screening can help catch mental health problems early. Understanding what is going on with your mental health is the first step to your recovery. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or loved one about your/their mental health. For more information and links to online screening tools, go to <http://namipamainline.org/info-resources/recommended-web-resources/>.

Please visit the [Support Groups by County in Southeastern Pennsylvania](#) 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.

Volunteers Needed for Research Study Distance supported education: A randomized, controlled trial

The Temple University Collaborative is doing a research study to learn more about how we 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).

To be eligible to participate, you must:

- Be between the ages of 18 and 50
- Have a diagnosis of schizophrenia-spectrum disorder, bipolar disorder or depression
- Be currently receiving mental health services
- Be currently enrolled full-time in a 2 or 4 year college, university, or tech/vocational school in the continental US, in a non-online degree program.
- Want to get help with school related to your mental health issues in at least two areas
- Have access to a computer, the internet, and a cellphone for communications

All participants will receive information about attending college with a disability and about their school's counseling center and office of disability services. Participants will receive \$20 for each completed survey, for a total of \$60 if all three surveys are completed. If you are interested in participating in this study, you may contact research staff at 215-204-3230 or tucollab@temple.edu, or visit this website: <http://tinyurl.com/glqglvw>.

Thank You to our Generous Donors

We very much appreciate the 230 individuals and businesses who made financial contributions to Main Line NAMI on the Move.

We are grateful for the following donations received in May and June, 2016.

Tributes

In Honor of Vinay Deshmukh
In Memory of Alexis Ariano

Ashesh Gandhi
Anonymous (6)
Nick Ariano
Nancy Filosa

Marjorie German
Mary Levinson
Joseph and Pamela Lunardi
Michelle Opalesky
Mia White

In Memory of Jeanne Marie DeLuca
In Memory of Nick Haywood

Anonymous
Jean and Mark Gilbert

General Contributions

Anonymous (3)
Maria Goodson

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.