



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

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President's Message

We invite you to join us for:

- 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)

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 in Devon will begin on Tuesday, September 13, and Family-to-Family in Wynnewood will begin on Wednesday, September 14. Both programs will meet once a week for 12 weeks, 7-9:30 p.m. For questions and to **register**, please see contact information below.

We encourage you to participate in one or both of our [support groups](#). The Bryn Mawr support group will meet next on Monday evening, **September 12** and the Havertown support group will meet next on Tuesday evening, **September 20**.

Ingrid Waldron, President
 NAMI PA, Main Line

NAMI PA, Main Line Activities

Event: [Family-to-Family \(F2F\) Education Program](#)

Note: **Family-to-Family (F2F)** is a course 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. F2F is offered as a community service without charge and this fall offered in two locations. **Registration is required.**

Devon: **F2F** begins on Tuesday, **September 13**, and meets once a week for 12 consecutive weeks, from 7-9:30 p.m. in the Devon area. If you have questions or to register for the Devon course, please contact Sarah at 484-919-0069 or BrynMawrF2F@aol.com.

Wynnewood: **F2F** begins on Wednesday, **September 14**, and meets once a week for 12 consecutive weeks, from 7-9:30 p.m. in the Lankenau Medical Center area in Wynnewood. If you have questions or to register for the Wynnewood course, please contact Judy at 610-668-7917 or F2FMainLine@aol.com.

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: **Bryn Mawr Family Member Support Group**

Date: Meets the first Monday of every month at 7:00 p.m.

(The next meeting will be on Monday, **September 12**, due to the Labor Day holiday.)

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 the third Tuesday of every month from 7-8:30 p.m.

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: 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: **GENOMIND Personalized Individual Genetic Medication Testing** sponsored by NAMI Bucks County

Date: Thursday, **September 15**

Place: Abington Memorial Health Center, Warminster Campus, Main Conference Room (Ground Floor)
225 Newtown Rd., Warminster, PA 18974

Note: Nicole Deshong, Senior Regional Manager with GENOMIND will join us for an informational presentation of individualized genetic testing designed to help clinicians optimize treatment decisions for their patients with mental illness. Nicole will lead a discussion and answer questions about this valuable tool in treating mental illness. Call 1-866-399-NAMI (6264) for further information.

Event: NAMI's **Peer-to-Peer Education Program**, sponsored by NAMI Bucks County

Date: Offered on Tuesdays beginning on **September 13** in Warminster and on Thursdays beginning on **September 22** in Sellersville

Note: NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting, focused on recovery, that offers respect, understanding, encouragement, and hope. For more information about this program and to register, please contact Debbie Moritz at 1-866-399-NAMI or info@namibuckspa.org.

Event: **Updates and Outlooks for Mental Illness Recovery presented** by NAMI Montgomery County

Date: Wednesday, **September 21**, registration begins at 8 a.m., program runs from 9 a.m. - noon

Place: Biomedical Research Building at University of Pennsylvania, (enter at Au Bon Pain restaurant), 14th Floor, Room 1412, 421 Curie Blvd., Philadelphia, 19401

Note: Current and future research for the "Benefit for the Brain" will be presented by recipients of Benefit for the Brain Impact Awards, including Mark Salzer, PhD, Monica Calkins, PhD, Wade Berrettini, MD and PhD, Paul Grant, PhD, Raquel Gur, MD and PhD, and Laurie Sandberg, PsyD. This is a free three hour

workshop with CEs. For more information and to register, please call 215-361-7784. *Registration deadline is September 15.*

Event: **Options on Seeking Help for Someone in a Mental Health Crisis** sponsored by NAMI Montgomery County and Rep. Tom Murt

Date: Thursday, **September 22**, from 7-9 p.m.

Place: St. John's Lutheran Church, 505 N. York Road in Hatboro, PA, 19040

Note: This presentation aims to provide some valuable resources in Montgomery County as well as outline the process for when a loved one refuses treatment, and is a harm to themselves or others. A panel experienced in this area will present options ranging from engagement and peer support to involuntary commitment. NAMI will provide resources and supports available at no cost to families and individuals affected. This is a free event open to the public. Registration is not required.

Event: **Laughter is Sacred Space: The Human Faces Tour**, sponsored by NAMI Chester County

Date: Saturday, **September 24**, at 7 p.m.

Place: Frazer Mennonite Church

Note: Ted Swartz, owner and creative director of Ted & Co, a professional touring theater company, will be at **Frazer Mennonite Church** performing his show *Laughter is Sacred Space*, his own story of grief, loss and ultimately hope. Donations will be accepted at the door. Suggested donation \$10.

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.

Event: Lenape Valley Foundation's 2016 Suicide Prevention Conference - **Suicide Prevention: "What Works"**

Date: Tuesday, **October 11**, registration begins at 8:30 a.m., program runs from 9 a.m. – 4 p.m. with lunch provided

Place: Delaware Valley University, Doylestown, PA

Note: Registration for the conference is required. There is a \$20 registration fee and lunch is included. The following link provides additional information as well as the registration form <http://www.lenapevf.org/educationtraining/annual-suicide-prevention-conference/>. If you are interested in attending this program, please register as soon as possible. For questions, please contact Suzanne Rhodeside at 267-893-5280 or Suzanne.Rhodeside@Lenapevf.org.

Local Offerings of NAMI Family-to-Family Education Programs

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.

Event: NAMI PA, Main Line's **Family-to-Family (F2F) Education Courses**

Date: Beginning on Tuesday, **September 13**, in Devon and beginning on Wednesday, **September 14**, in Wynnewood; both courses will meet once a week for 12 weeks, from 7-9:30 p.m.

Note: If you have questions or to register for the course in Devon, please contact Sarah at 484-919-0069 or BrynMawrF2F@gmail.com. If you have questions or to register for the course in Wynnewood, please contact Judy at 610-668-7917 or F2FMainLine@aol.com. *Registration is required.*

Event: Montgomery County NAMI's **Family-to-Family (F2F) Education Courses**

Date: Beginning on Tuesday, **September 13**, and meeting once a week for 12 weeks, from 6:30 – 9 p.m.

Place: Classes available in Lansdale and Norristown

Note: For more information or to register please contact NAMI Montgomery County as soon as possible at 215-361-7784.

Event: NAMI Bucks County's **Family-to-Family (F2F) Education Course**

Date: Beginning on Wednesday, **September 14**, and meeting once a week for 12 weeks, from 7-9:30 p.m.

Place: Doylestown

Note: For more information or to register, please contact NAMI Bucks County at 1-866-399-6264 or info@namibuckspa.org.

NAMI Homefront Education Program

NAMI Homefront is a free, 6-session educational program for families, caregivers, significant others and friends of Military Service Members and Veterans with mental health conditions. This course helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD, and other mental health conditions.

This course is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.

NAMI Homefront **online classes** are scheduled for:

September 8 - October 13 (six consecutive Thursdays, from 6-8 p.m.)

September 12 – October 17 (six consecutive Mondays, from 6-8 p.m.)

For more information and to register, please go to <http://bit.ly/2avBvaY>.

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/>.

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>.

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.

Volunteer American Sign Language Interpreter Needed

NAMI PA, Main Line is seeking one or more volunteer ASL (American Sign Language) interpreters to interpret at one or more NAMI Family Member Support Group meetings. The support group meets on the third Tuesday of the month from 7-8:30 p.m. in Havertown. The group is confidential and can sometimes be emotionally intense. We would like to be able to provide services to the family seeking our help, but the expense of hiring interpreters on a regular basis is prohibitive. If you are interested and only able to commit to one meeting, that would still be helpful. For more information, please contact Kristine at info@NAMIPaMainLine.org or 267-251-6240.

How Medical Assistance for a Child/Teen with a Serious Mental Illness, Autism, ADD/ADHD, or Substance Abuse Can Provide Access to Valuable Services

Have you ever felt that your child or adolescent is not getting the behavioral health services he or she needs to facilitate appropriate, day-to-day functioning? Did you know that your household's primary, employer-provided insurance may not be enough? To access more comprehensive services, your child or teen may require the added benefit of Medical Assistance (MA).

Sometimes called Medicaid, MA is a government benefit program that provides individuals with public health insurance. Importantly, MA also provides access to health services that can be delivered at home, in the school and in the community. These services are sometimes called "wraparound" services. Usually, MA beneficiaries must fall below a certain income level; however, some states, including Pennsylvania, have an eligibility exception. That is, in Pennsylvania, children and adolescents with significantly impairing mental or physical health disabilities may be eligible for MA regardless of their parent/guardian's economic status. Conditions that may cause significant, serious impairment include: Autism, Pervasive Developmental Disorder, ADD/ADHD, Generalized Anxiety Disorder, substance abuse, and serious mental illnesses.

In 2013, in response to an awareness of the growing need among children and teens for more comprehensive mental health services, the Centers for Medicare & Medicaid Services revised its website to include a special section, Services for Children and Youth with Mental Health and Substance Use Conditions (<https://www.medicaid.gov/medicaid-chip-program-information/by-topics/benefits/mental-health-services.html>). A special bulletin (<https://www.medicaid.gov/federal-policy-guidance/downloads/CIB-05-07-2013.pdf>) was also designed to help educate the nation's state governments and the public about the benefits of enrolling children and teens with mental health needs in Medicaid. In part, the bulletin reports that services available through Medicaid have been proven to:

- reduce overall costs of care in the health care system;
- improve school attendance and performance;
- increase in behavioral and emotional strengths;
- improve clinical and functional outcomes;
- improve attendance at work for caregivers;
- reduce suicide attempts; and
- decrease contacts with law enforcement.

Due to the perception that Medicaid or MA is strictly a welfare program, some families of children who would be eligible for coverage under the exception do not apply or even consider applying. Families may feel it is taking advantage of the system to qualify via the exception. However, families of a child or teen with serious mental health needs should know that MA for their child:

- offers coverage that extends beyond what is ordinarily covered through employer-based insurance and can help children access services that are often inaccessible through employer-offered insurance;
- is essential to obtain "wraparound" or Behavioral Health Rehabilitative Services (an explanation of BHRS is available at <http://www.phlp.org/wp-content/uploads/2011/11/Guide-to-Understanding-Wraparound-Services-Oct-20111.pdf>).
- can serve as secondary insurance to the parent/guardian employer-healthcare program; and
- can help local school districts receive additional monies from the federal and state governments to help subsidize the costs to individual communities (school districts) of providing a free and appropriate public education.

For more information about MA, including screening tools that will help you determine whether your child would benefit from MA, and links to resources that can help you begin the application process, please go to <http://namipamainline.org/how-medical-assistance-for-a-childteen-with-a-serious-mental-illness-autism-addadhd-or-substance-abuse-can-provide-access-to-valuable-services/>.

U.S. House of Representatives Passes Mental Health Care Reform

(Adapted from NAMI.org)

NAMI Applauds "A Major Step Forward"

WASHINGTON—The National Alliance on Mental Illness (NAMI) today applauded the U.S. House of Representatives for taking "a major step forward" to improve the lives of Americans living with mental illness. The House passed H.R.2646, the "Helping Families in Mental Health Crisis Act," sponsored by Reps. Tim Murphy (R-Pa.) and Eddie Bernice Johnson (D-TX) by a vote of 422 to 2.

See more, including a statement issued by NAMI Chief Executive Officer (CEO) Mary Giliberti, at: <http://www.nami.org/Press-Media/Press-Releases/2016/U-S-House-of-Representatives-Passes-Mental-Health#sthash.SRJHAP0E.qc5LAr6C.dpuf>.

September is Suicide Prevention Month



September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](#) of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals,

friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide.

- Know the Warning Signs and Risk of Suicide (go to <http://bit.ly/1EOhuDD>)
- Preventing Suicide as a Family Member or Caregiver (go to <http://bit.ly/1ZTRRcq>)
- Being Prepared for a Crisis (go to <http://bit.ly/2abZXjk>)

If you are in crisis or experiencing difficult or suicidal thoughts call the National Suicide Hotline **1-800-273 TALK (8255)**. If you are looking for more information, referrals or support, call the NAMI HelpLine **800-950-NAMI (6264)**.

Mental Illness Awareness Week is October 2-8



Mental Illness Awareness Week provides an excellent opportunity to combat stigma by sharing information about mental illness with your friends and acquaintances and the general public. We invite you to join us in participating in Mental Illness Awareness week from October 2-8. This year, the theme revolves around building a movement through the new StigmaFree initiative.

Being Stigma Free means learning about and educating others on mental illness, focusing on connecting with people to see each other as individuals and not a diagnosis, and most importantly, taking action on mental health issues and taking the StigmaFree pledge (see <https://www.nami.org/Get-Involved/Raise-Awareness/stigmaFree-Pledge>).

If you would like to participate, we encourage you to follow our daily informational posts and tweets on Facebook (www.facebook.com/NAMIPAMainLine) and Twitter (<https://twitter.com/NAMIPAMainLine>); please share these on your Facebook page or re-tweet them to your followers using the hashtag #IAmStigmaFree.

What Helps and What Hurts: How to Talk to a Loved One who has Depression or Bipolar Disorder

See below for useful guidelines from the Depression and Bipolar Support Alliance that gives tips about how you can talk to someone who has symptoms of depression or bipolar disorder.

Printable flyer available at <http://www.dbsalliance.org/pdfs/helphurtb.pdf>.



20 YEARS • 20 RESOURCES 3

What Helps and What Hurts

When someone you care about has depression or bipolar disorder

People living with depression or bipolar disorder (manic depression) often cope with symptoms like feelings of hopelessness, emptiness or worthlessness. You probably want to say something to help the person feel better. But what can you say? Why does it seem like many well-meant comments hurt more than they help?

Here is a basic list to use as guidelines when you talk to someone who has symptoms of depression or bipolar disorder. Put the statements into your own words. What's most important is that the person you care about understands your support. You didn't cause your loved one's illness and you can't control the person's feelings. You can only do your best to offer help.

If the person is actively threatening suicide, don't try to handle the situation on your own. Call a mental health professional or take your friend to the nearest emergency room for treatment.



What helps

I know you have a real illness and that's what causes these thoughts and feelings.

I may not be able to understand exactly how you feel but I care about you and want to help.

You are important to me. Your life is important to me.

Tell me what I can do now to help you.

You might not believe it now, but the way you're feeling will change.

You are not alone in this. I'm here for you.

Talk to me. I'm listening.

What hurts

It's all in your head.

We all go through times like this.

You have so much to live for – why do you want to die?

What do you want me to do?
I can't change your situation.

Just snap out of it.
Look on the bright side.

You'll be fine. Stop worrying.

Here's my advice...

When you have depression or bipolar disorder

What can I do to help others understand what helps and what hurts?

- Set aside some time to sit down with family members or friends and talk about something important. Choose a time that is relatively calm and free of distractions.
- Begin your statements with yourself: "I feel," or "I need." Avoid "you" statements like "You always criticize me," which may be more likely to lead to arguments.
- Tell them what they *can* say or do that will help you. This includes practical things like helping with housework or taking you somewhere.
- Ask for help when you need it. If you feel better, thank the people who helped you.
- Look for more than one person to support you. Different people offer different perspectives.

Thank You to our Generous Donors

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. In addition to donating directly to our affiliate, we also accept donations through your workplace United Way campaign (code 214).

We are grateful for the following donations received in July and August, 2016.

Tributes

In Memory of Alexis Ariano
 Matthew Focht
 The McAndrew Family

General Contributions

Anonymous (5)

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.