

## **NAMI PA, Main Line – 2016 Accomplishments**

*(with a few of the appreciations we have received)*

### **Information and Support**

- Family-to-Family (F2F) education program, a 12-week program for family members of people who have mental illness that educates and supports and teaches coping skills. This year we offered three sessions of F2F, two in the spring and one in the fall.

*"You are wonderful in running the class. I wish I had found this organization years ago. Your expertise and support are so helpful."*

*"I cannot even begin to describe to you how I felt the other night after leaving our first meeting of F2F. It is just always such a relief to know you are not alone in your struggles. I was inspired by the other people and felt like this I was just where I was supposed to be. And that is just after the first night! Thank you!"*

- Graduates of F2F have formed multiple informal support groups. Bryn Mawr Family Support Group for family members – meets monthly
- Havertown NAMI Family Support Group for family members – meets monthly
- Developed new resources and outreach to help families with children and adolescents with mental health concerns, including *Resources for Children and Teens (up to age 19)* and *Resources for Transition Age Youth (16-24)*
- Revised our Grant Program for children and teens with mental health concerns to make it more accessible to families who wish to apply
- Summer party for people with mental illness and their families
- Information and support in response to frequent e-mail and telephone requests

*"Thank you so much for all the amazing resources."*

- Main Line NAMI Forum and Workshop presentations:
  - "Dual Diagnosis: What Is It and How Can I Help?", with Dr. Jena Fisher

*"Congrats on your wonderful program!!!"*

*"I very much appreciate your engaging, informative and helpful presentation yesterday. Your general approach and specific suggestions of how to deal with these very difficult situations were very helpful. I really liked the way you engaged the audience, and your warmth and responsiveness were an added bonus."*

- "Understanding, Preventing and Managing Caregiver Burnout", with Edie Mannion, LMFT
- "Communicating with a Loved One Who Has a Mental Illness", with Ingrid Waldron

*"Very helpful and affirming for family members."*

*"Excellent workshop and excellent guidance"*

- "Cognitive Behavioral Therapy for Serious Mental Illness", with Dr. Jena Fisher

### **Community Outreach**

- Fourteen educational presentations to groups, including nursing students, medical students, physician's assistant students, social work students, psychology students, psychiatry residents, and family therapists

*"Thank you so much for coming to Drexel University on Tuesday to present to the physician assistant students. The feedback from the lecture was overwhelmingly positive and*

*I am so grateful that you took time out of your busy lives to share your stories with the students.”*

*“Thank you for taking time out of your busy schedules to help our students, tomorrow’s physicians, be more attuned to the impact of mental illness on families.”*

*“Students were greatly appreciative of your candor and honesty this week. Your respective stories beautifully illustrated what a wonderful resource NAMI can be in the care of patients.”*

- Outreach to churches and communities of faith, including:
  - Presentation on suicide awareness during Suicide Awareness Month in September
  - Presentation at the National Conference of Biblical Counselors
- Information tables at community events
- Displays of mental health-related materials and books in local libraries during Mental Health Awareness Month in May
- "Main Line NAMI on the Move – Stepping out for Mental Health Awareness" raised awareness in our local Main Line community. About 100 people participated in the event and more than 200 individuals and organizations contributed money or in-kind donations

### **Electronic Outreach**

- Developed new pages on our website (<http://namipamainline.org/>), including:
  - “Resources for Children and Teens (up to age 19)”
  - “Resources for Transition Age Youth (16-24)”
  - “Dual Diagnosis”
  - “Navigating and Understanding the Adult Inpatient Hospitalization System”  
*“Such an important document! Thank you.”*

*“Excellent resource!”*

- “Online and Telephone Support Groups”

*“I think this is a good resource document. Thank you for putting it together.”*

- “How to Access Valuable Behavioral Services in PA: Consider Medical Assistance for a Child/Teen with Serious Disability”
- Updated many of our most frequently used pages, including “How to Get Services”, “Frequently Asked Questions”, “Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania”, “Frequently Asked Questions”; updated and reformatted several sections of our “Resource Guide”

*“Once again you have developed a wonderful resource here.”*

*“As always, NAMI PA Main Line does a great job of assembling resources, [using volunteers and with very little funding].”*

- Created, updated and posted informational presentations on Slideshare (<http://www.slideshare.net/NAMIPAMainLine>), including:
  - “What Mental Illness Feels Like #B4Stage4”
  - “Multicultural Mental Health Awareness: Facts and Tips to Get Help”
- Reorganized the navigation buttons our website to make it more user-friendly
- Distributed and Web-published to an average of more than 700 contacts:
  - Main Line NAMI bi-monthly President’s Message and Newsletter (<http://namipamainline.org/info-resources/newsletter/>)
  - Main Line NAMI Weekly Updates (<http://namipamainline.org/category/news/>)

- Daily posting of announcements of relevant events and information, news and advocacy alerts on Facebook (<https://www.facebook.com/NAMIPAMainLine>), Twitter (<https://twitter.com/NAMIPAMainLine>) and our Latest News blog (<http://namipamainline.org/category/news/>), reaching nearly 1,700 individuals with each post

*“OMG thank you so much for this!!!”*

- Social media awareness campaigns during Mental Health Awareness Month in May, Minority Mental Health Awareness Month in July, Suicide Awareness Month in September, and Mental Illness Awareness Week in October
- Expanded Pinterest page to include 14 boards containing 39 pins of information related to mental health and mental illness (<http://www.pinterest.com/namipamainline/>), including boards for:
  - Government Services for Mental Health Needs
  - Caregiver Supports
  - Prescription Drug Assistance
  - Holiday Tips for Mental Health

### **Advocacy**

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Participation in county committees
- Helping family members advocate on behalf of their loved ones