



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
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Main Line NAMI Newsletter – May, 2017

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President's Message

Please 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 20** in Bryn Mawr. (See <http://namipamainline.dojiggy.com> or page 3 for more information.)

We are excited to announce that we are partnering with the Haverford Area YMCA to provide a Youth Mental Health First Aid training on June 7 and 8. (See below for more information.)

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. We hope you will follow our informative [Facebook](#) posts and [tweets](#) throughout the month and share them with your friends and followers (for links to follow us, go to <http://namipamainline.org/sign-up/>).

We hope to see you at our walk on May 20,
 Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: [Main Line NAMI on the Move – Stepping out for Mental Health Awareness](#)
 Date: Saturday, **May 20**, check-in beginning at 9:30 a.m.; program and 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 third 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.

Event: **Youth Mental Health First Aid**
 Date: Wednesday, **June 7** and Thursday, **June 8** from 4:00-8:00 p.m. (Attendance is required on both days.)
 Place: Nolan Painting Conference Room, 181 W. Hillcrest Ave, Havertown, PA 19083
 Note: Youth Mental Health First Aid (YMHFA) is a free 8-hour training designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and others how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. High school juniors and seniors are encouraged to take this training, but you will need a signed parental permission slip. To register for this course, please email your full name, birthdate, email address, and phone number to Melanie Greaves at mgreaves@philaymca.org. Melanie will send you additional information about registration and parking. For more information about YMHFA, go to <http://bit.ly/2q3tG1F>. For more information about this course offering, go to <http://bit.ly/2p4bupT>.

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 **May 1.**)

Place: Bryn Mawr

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

Event: **Upper Darby NAMI Family Support Group**

Date: Meets on the **2nd Thursday of each month**, 7-8.00 p.m (The next meeting will be **May 11.**)

Place: Crossroads Community Church*, 104 Heather Rd, Upper Darby, PA 19082

Note: This is a free, confidential and safe group of families helping other families with a special emphasis for parents of youth and young adults ages 26 and younger struggling with mental health and/or substance abuse challenges, but all are welcome. 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 and/or substance abuse challenges. The Upper Darby NAMI Family Support Group is co-facilitated by Michael and Jacqueline Harper. For more information, please contact Michael at michaeljosephharper@verizon.net.

Event: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (The next meeting will be on **May 16.**)

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.

*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: **Trent Stetler Lacrosse Play Day for Mental Health**

Date: Saturday, April 29, from 10 a.m. – 5:30 p.m.

Place: A. G. Cornog Field at Haverford High School, 200 Mill Road, Havertown, Pa.

Note: The event is a fundraiser to support a scholarship in Trent Stetler's memory awarded annually to a Haverford High School varsity lacrosse player and to educate the Haverford Township community about mental illness. It will begin 10 a.m. when the Haverford Blaze youth boys lacrosse teams will play, followed by the Haverford High School boys junior varsity and varsity lacrosse games until approximately 5:30 p.m. After the varsity game, the public is invited to join a Tailgate Party, where proceeds will support the effort. The community can learn more about the event and ways to contribute at <http://www.TrentStetlerPlayDay.com>.

Event: **Healthy Kids Day**

Date: Saturday, **April 29**, from 10 a.m.-1p.m.

Place: Haverford Area YMCA (891 N Eagle Rd, Havertown, PA 19083)

Note: Healthy Kids Day, sponsored by [Independence Blue Cross](#), will include fun, engaging, and creative activities for children and families, as well as information tables from local vendors. NAMI PA, Main Line will be in attendance with information about mental health and children. Other perks include activities, moon bounces, and healthy snacks! Come check out our table at this free community event.

Event: **Program on Addictions** Sponsored by New Directions Support Group

Date: Saturday, **April 29**, from 1-3 p.m.

Place: Willow Grove Giant, 315 York Road, Willow Grove, PA 19090 (upstairs classroom)

Note: Mr. Terry Livorsi, CEO and Founder of Health Care Assistance and Member Support, will talk about addictions. He will be joined by Janet Gerhard. His firm offers addictions treatment, intervention services and court appearances to return to work, in addition to aiding employees and family members concerned about recovery planning, utilizing 34 years of his own personal recovery experience. For more information, visit his website at <http://www.hcams.us/staff/>. This program is free and there is no need to register. For more information, leave a message at [215-659-2366, ext. 6](tel:215-659-2366).

Event: **A Conversation with Robert Whittaker: Challenging the Brain - Illness Narrative-Shifting the Paradigm**, presented by Montgomery County Hearing Voices Network

Date: Wednesday, **May 3**, from 7-8:30 p.m.

Place: Montgomery County Community College, 340 DeKalb Pike, Blue Bell, PA 19422

Note: American journalist and author, Robert Whittaker will give a presentation which will be followed by a facilitated community discussion. This presentation will be held. No registration necessary. Contact Mary Fala at 484.681.9432 with any questions.

Event: **NAMI Keystone PA Mental Health and Wellness Conference**

Date: Friday and Saturday, **May 12 and 13**

Place: Harrisburg

Note: The conference features 15 workshops and three speakers, including NAMI's own, Sita Diehl. Diehl is the Director of Policy and State Outreach at NAMI, and she'll be sharing highlights of the study, [Pins & Needles: Caregivers of Adults with Mental Illness](#). Hotel information, registration, and the complete conference agenda are available online at www.namiswa.org/namicon2017.

Walk With Us on May 20!

We look forward to seeing you at [Main Line NAMI on the Move – Stepping out for Mental Health Awareness 2017](#) on **Saturday, May 20th** 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 20th!

MAIN LINE NAMI'S 3RD ANNUAL WALK FOR MENTAL HEALTH AWARENESS

SATURDAY MAY 20th

5K Walk with 1K Option



*Join Us For This Free “Family Friendly”
Community Event Featuring Music, Food,
Children’s Activities, Face Painting and Raffle!*

RAIN OR SHINE!

9:30-10:00 a.m. – Registration

10:00 a.m. Program and Walk followed by food and fun!

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!

Gold Sponsors	Silver Sponsors	Bronze Sponsors	Contributing Sponsors	
<u>Visiting Angels</u>	<u>Heart and Hand for the Handicapped</u>	7-11	<u>Alpha Kappa Alpha Sorority - Rho Theta Omega Chapter</u>	<u>Adolescent and Young Adult Advocates</u>
		<u>Delaware County System of Care</u>	<u>Dr. Michael Ascher</u>	<u>Assigned Counsel</u>
		<u>The Greystone Program at Friends Hospital</u>	<u>Bala Child and Family Associates</u>	<u>Ellen Berman, MD</u>
		<u>Sabrina's Café</u>	<u>Epenshade & Harper The Recovery Collaborative</u>	<u>Graphic Impressions of America</u>
		<u>Shreiner Tree Care</u>	<u>Judy Green, Family-to-Family Facilitator</u>	<u>Linnett's Gulph</u>
		Betsey Useem	<u>Local Wine & Kitchen</u>	<u>Mass Mutual Financial Group, Marshall E. Brooks</u>
			<u>Nolan Painting</u>	Dr. Larry Real
			<u>Total Leadership</u>	

Thanks to our generous sponsors, donors, and walkers, we have passed the halfway mark and are well on our way to our goal of raising \$15,000.

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. For support groups sponsored by NAMI PA, Main Line, please go to <http://namipamainline.org/support/support-groups/>.

For resources that will help you **cope with, prepare for, and prevent a crisis** for your loved one with mental illness, please visit <http://bit.ly/2q5mEsZ>. This webpage includes multiple links to helpful advice and information on topics such as involuntary commitment, Mental Health Advance Directives, and coping with HIPPA regulations or the criminal justice system.

For information about **types of housing available for individuals with mental illness**, including links to federal resources for housing support, please see <https://namipamainline.org/housing-options-for-people-living-with-mental-illness/>. Housing should be affordable, meet physical needs, offer the right amount of independence, and be discrimination-free.

[Inpatient Hospitalization – Navigating and Understanding the Adult Inpatient Hospital System](#) will answer many of your questions about psychiatric inpatient hospitalization and provide advice that can help to make hospitalization a bridge to long-term recovery.

Resources for how to help your child or teen (up to age 19) with mental health issues, including information about online resources and education for families and caregivers, please go to <https://namipamainline.org/support/services-for-children-and-teens/>.

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, our Facebook posts and tweets 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 an informative infographics mental health facts in America prepared by NAMI National.

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

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



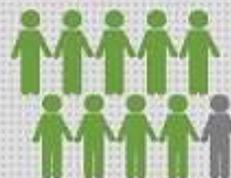
1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

Treatment in America



60%

Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



50%

Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.²

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

¹ The document uses statistics provided by the National Institute of Mental Health, www.nimh.nih.gov
² Statistics provided by Department of Justice
³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1998
⁴ Substance Abuse and Mental Health Services Administration

Follow Us!

[facebook.com/NAMI](https://www.facebook.com/NAMI)

twitter.com/NAMIcommunicate

Request for Families to Share Their Stories

An ongoing campaign called #FamilyFirstPA is an initiative of the Campaign for What Works, which is supported by the United Way. They are looking for families who are willing to briefly share their stories. The project itself is about focusing on Pennsylvania families and the services they rely on that have made a difference in their lives. For more information, please go to <http://familyfirstpa.org/>. Sample stories are available on this website and on the corresponding Facebook page, <https://www.facebook.com/FamilyFirstPA/>. If you are interested in sharing your story, please contact Maria Kakay at MKakay@namiswpa.org.

Has a Mental Health Program Helped You?

The federal budget process is under way and programs critical to people with mental health conditions are already under threat, including housing, community mental health services, crisis services, ACT and CIT teams, first episode psychosis programs, mental health courts, jail diversion, re-entry programs, VA services, and research. Share how a program helped you or someone you care about. Your story will help NAMI fight for funding for life-changing and life-saving programs. Click here to share your story: <https://www.surveymonkey.com/r/MHStories>.

How to Get Government Services

Many individuals with severe mental illness will find it necessary, or at least helpful, to apply for some or all of the following publicly supported services:

- disability income from the Social Security Administration
- Medicaid and/or Medicare health insurance which is available to disabled individuals
- community mental health services provided by each county, including case management which can provide access to housing and many other services

For information and advice about how to get these government services for an individual with mental illness, please see <https://namipamainline.org/info-resources/how-to-get-services/>.

An introduction to many additional types of services available for individuals with mental illness and their family members, together with contact information for people living in southeastern Pennsylvania, is available at <https://namipamainline.org/info-resources/intro-to-services/>. If you are seeking help for a person with mental illness who is dealing with the criminal justice system or if you are concerned to avoid arrest, see <https://namipamainline.org/info-resources/criminal-justice-resources/>.

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 March and April, 2017.

General Contributions

Anonymous (5)
The Audrey S. Knewstub Foundation
Villanova University's Alpha Kappa Alpha Chapter

Walk Contributions

Sponsorships (11)
Donations (68)

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.