



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
www.NAMIPaMainLine.org
info@NAMIPaMainLine.org
 267-251-6240

Main Line NAMI Newsletter – July, 2017

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President's Message

NAMI PA, Main Line will be offering two sessions of [Family-to-Family \(F2F\)](#) this fall. Family-to-Family 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.

- **Family-to-Family at Lankenau Medical Center in Wynnewood** will begin in **mid-September** (date to be posted), and will meet once a week for 12 consecutive weeks from 7-9:30 p.m. on Tuesdays. For questions or to register, contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.
- **Family-to-Family in Devon/Wayne** will begin in **mid-October** (date to be posted), and will meet once a week for 12 weeks, from 7-9:30 p.m. on Tuesdays. If you have questions or to register for this course, please contact Sarah at 484-919-0069 or BrynMawrF2F@gmail.com.

We are pleased to announce two revised and updated documents which we hope you will find useful:

- [“Steps to Better Physical Health for People with Mental Illness \(and for all of us\) – Advice and Resources”](#), which now includes a link for Philadelphia Leisure Activities and You with some great suggestions for becoming active and for low-cost or free activities in the Philadelphia area
- [“Choosing the Right Mental Health Professional”](#), which includes a section on “Helping Your Psychiatrist Help You”.

Best wishes for an enjoyable and healthy summer,
 Ingrid Waldron, President

NAMI PA, Main Line Activities

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 **July 10.**)

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 **July 13.**)

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 **July 18.**)

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: **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 will be offered in two locations.

- **Family-to-Family at Lankenau Medical Center in Wynnewood** will begin in **mid-September** (date to be posted), and will meet once a week for 12 consecutive weeks from 7-9.30 p.m. on Tuesdays. For questions or to register, contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.
- **Family-to-Family in Devon/Wayne** will begin in **mid-October** (date to be posted), and will meet once a week for 12 consecutive weeks, from 7-9:30 p.m. on Tuesdays. If you have questions or to register for this course, please contact Sarah at 484-919-0069 or BrynMawrF2F@gmail.com.

*Although some of our events are held at religious institutions, they are non-denominational and open to people of all beliefs.

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

We are grateful to each and every one of you who supported our third annual [Main Line NAMI on the Move - Stepping out for Mental Health Awareness](#) on May 20.

We would especially like to thank the 20 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 23 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

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Betsy Useem

Contributing Sponsors



Bala Child & Family Associates
Mental health professionals assisting children, adolescents, adults, and families

Ellen Berman MD
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Espenshade & Harper
The Recovery Collaborative

Judy Green
Family-to-Family (F2F) Facilitator
NAMI PA, Main Line

LINNETT'S GULF

Dr. Michael Ascher, Psychiatrist
lasting change, long-term wellness

LOCAL
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Marshall E. Brooks
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Jan Blizzard

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In-kind Donors

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

[Bryn Mawr Film Institute](#), [Bryn Mawr Running Company](#), [Dish & Dabble](#), [Green Engine Coffee Company](#), [Gullifty's](#), [Krispy Kreme](#), [Marlyn Schiff](#), [Marple Sports Arena](#), [Painting with a Twist – Havertown](#), Pen and Paper Stationery – Bryn Mawr, [Saks Fifth Avenue](#), [Skirt](#), [Turning Point Restaurant](#), and [Wynnewood Lanes](#)

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

[Acme](#), [Giant](#), [Ludington Library](#), and [Trader Joe's](#).

July is National Minority Mental Health Month

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.

Please see the following resources for more information about Minority Mental Health Month:

- For more information about minority mental health awareness resources, go to <https://www.nami.org/minoritymentalhealth>
- Diverse communities often face stigma and misinformation that prevents them from receiving mental health care. For more info, go to www.nami.org/Find-Support/Diverse-Communities
- For tips on finding a culturally competent provider, go to <http://bit.ly/2j6oolA>
- A faith-based African-American perspective on mental illness is available at <http://bit.ly/1FVl4Qm>
- A great infographic from NAMI on Multicultural Mental Health Facts can be found at <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>
- Stories highlighting cultural perspectives and experiences in mental health are available at <http://bit.ly/2qXZMjf>

News You Can Use

Our Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania 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/>.

[Inpatient Hospitalization – Navigating and Understanding the Adult Inpatient Hospital System](http://namipamainline.org/inpatient-hospitalization/) (available at <http://namipamainline.org/inpatient-hospitalization/>) 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.

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>.

Philadelphia Leisure Activities and You

Philadelphia Leisure Activities and You is a helpful guide to promote community-based activity participation among people with mental illness. This manual includes information related to the importance of leisure and lists free to low-cost opportunities available in Philadelphia. This booklet is intended to encourage readers to get involved with their leisure interests and start living their best life today. An active leisure lifestyle can enhance physical health and mental strength. This resource shows what is available within the community and the many low cost and free leisure activities accessible in Philadelphia. Going through this manual, the reader is given an opportunity to consider their personal leisure interests and take the first step towards having an active leisure lifestyle, ultimately leading to an overall improved quality of life. For more information, please go to http://tucollaborative.org/sdm_downloads/ican-play-leisure-manual/.

For additional information about how to improve your physical health, please see <https://namipamainline.org/steps-to-better-physical-health-for-people-with-mental-illness-and-for-all-of-us-advice-and-resources/>.

Resources for Planning for the Future of a Loved One Who has a Mental Illness

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities. The Arc has a Center for Future Planning which helps families plan for the future. The Center has an online “Build Your Future” tool where users are able to create a free account, enter their personalized data and generate a customized plan to help the individual achieve the highest quality of life possible. More information can be found here: <https://attorney.elderlawanswers.com/newsletter/actions/view-article-new/c/15938/id/7910>.

When planning for the future and a special needs trust is involved, it is important to distinguish between the role of the trustee and the caregiver. The trustee is very involved in making distributions from the trust and administering it, but the trustee’s duties do not extend to day-to-day decisions that need to be made involving the management of the beneficiary’s care. It is important to make this distinction and plan appropriately to ensure that the beneficiary has an advocate not just for the lifetime of the family member managing his or her care, but for their entire lifetime. More information can be found here: <https://attorney.elderlawanswers.com/newsletter/actions/view-article-new/c/15938/id/7909>.

Additional information is available at <https://namipamainline.org/choosing-the-right-mental-health-professional/>.

Your Continued Advocacy on Health Care is Needed!

This is the time to raise your voice for mental health and say, “We need more mental health care, not less.” Ask your Senators to oppose any health reform bill that leaves fewer people with coverage for mental health care. **Please call Sen. Toomey** (202-224-4254) or email him (<https://www.toomey.senate.gov/?p=contact>).

NAMI and Our Journey to Recovery

By Nora and Peter

“Walking on eggshells”, “Waiting for the next shoe to drop”, “Being on an emotional rollercoaster”. These are all expressions that anyone whose loved one has a mental illness will recognize and relate to. In the summer of 2010 our family was in a major crisis with no idea where to turn. Friends of ours who had experienced something similar said simply: Call Judy Green, the F2F facilitator. In that group we learned that we were not alone and that many others were struggling, afraid, confused, and desperately looking for answers. We found information, resources, support, and understanding. We found a community.

Seven years later, I’m happy to say that our family is in a much better place. We have used the many tools and resources that NAMI has offered – workshops, training, support groups -- to educate ourselves, to find additional resources, and to speak out about the issue of mental health and the need to eradicate the stigma that can keep people from getting the help and support they need.

Today our loved one is emerging from the shell he has been sheltering in and finding new bearings. He acknowledges his mental health challenge but he will not allow it to stop him from pursuing his personal growth and career goals. Though we have been in some dark places on this journey of recovery, none of us have ever lost hope.

We now facilitate a NAMI support group. The tools that we use in the support group include NAMI’s “Predictable Stages of Emotional Reactions”. These stages include:

- Dealing with the Catastrophic Event – those days of walking on eggshells, of waiting for that shoe to drop, of ups downs and all arounds;
- Learning to Cope – when you finally realize that you really need to do something to maintain your own mental health and you actually do something about it; and
- Moving into Advocacy – when you realize how much talking to other people helps, either because your story may offer hope where they see none at the moment, or because of the hope that you get from hearing how others have made progress where you have seen none.

NAMI continues to be a part of our journey, as it is for so many other families. It has helped us, in countless ways, to be better advocates for ourselves and, by extension, others faced with the sometimes difficult task of supporting a loved one. It has also provided us tools to better understand mental health conditions, to be more empathetic and, most importantly, to advocate for the people we care for so deeply.

Updates on Membership

NAMI PA, Main Line members are part of a supportive, diverse, focused community that strives to make lives better. By becoming a member, your dues and generous donations make our work possible! Please see below for new NAMI membership rates as of July 1, 2017.

Household Membership: \$60

Household memberships provide benefits to everyone in a single household. Each household will receive one copy of mailings and each individual will have access to online benefits and email communications.

Individual Membership: \$40

Individual memberships apply to one person. .

Open Door Membership: \$5

Open Door memberships apply to one person. Open Door memberships are available to anyone with any type of financial limitation.

A Message about our State NAMI Organization

In July 2016, NAMI Southwestern Pennsylvania was selected to become the official state NAMI organization in Pennsylvania. NAMI Keystone Pennsylvania was chosen as the new name. NAMI Southwestern Pennsylvania will continue to serve the 10 counties of the Southwest region as an affiliate under NAMI Keystone Pennsylvania.

Please go to www.namikeystonepa.org for more information.

Mental Health Association of Southeastern PA is now Mental Health Partnerships

The Mental Health Association of Southeastern Pennsylvania is now Mental Health Partnerships. For more information about this change and to find out about their offerings, please visit their new website, www.mentalhealthpartnerships.org/.

Excerpt from Research Weekly: Practices in Prescribing Antipsychotics

Cross-posted from the Treatment Advocacy Center

A pair of new research reports illuminates a striking contrast in the influence of evidence on how providers prescribe specific antipsychotic medications.

On the one hand, FDA box labels - including "black box" labels for severe side effects - appear to be a significant driving force. Peggy L. O'Brien and colleagues analyzed eight years of psychiatric medications by diagnosis, including antipsychotics, to identify how prescribing patterns were influenced by changes to medication box labels. In their analysis, evidence placed on boxes was influential.

On the other hand, despite the well-documented benefits of the antipsychotic clozapine and the poor outcomes associated with "drug cocktails" of multiple antipsychotic medications, Yan Tang and colleagues found that underuse of clozapine for treatment-resistant psychosis and overuse of antipsychotic polypharmacy remain common. In their analysis, evidence was not the deciding factor in prescription practice.

Netflix 13 Reasons Why: What Viewers Should Consider

Cross-posted from JED Foundation

Recently, Netflix released *Thirteen Reasons Why* (13RY), a series based on the book by Jay Asher originally published in 2007. The series is a fictional story that is meant to be a cautionary tale. It tells the story of a high school student who experiences a series of terrible events-many of which are perpetrated by her classmates and friends. Hannah has died by suicide but before she died she made a series of tapes explaining what each person in her circle has done to hurt her. Each episode tells one part of the story focused on a painful event and interaction.

The show has been highly watched by young people and has received lots of media attention. Because the show takes up issues related to suicide and sexual assault, there have been strong (and strongly mixed) reactions from many viewers along with several professional and advocacy groups. On the one hand, the series has potentially focused attention on and created an avenue for productive discussions around the meaning of friendship, how friends might support each other, the risks of mistreatment and assault and the issue of youth suicide. On the other hand, the depiction and circumstances of the suicide have raised concerns because there are several elements in the story that are inconsistent with safe messaging guidelines around handling portrayals of suicide in media and works of fiction.

What to do?

In light of the feedback about this show, on the day of its release, JED partnered with Suicide Awareness Voices of America (SAVE) to develop [Talking Points](#) to help clinicians and mental health professionals discuss the show with parents, young people and the media. Netflix was supportive of the distribution of the Talking Points and posted them along with crisis services and a link to additional information about young adult mental health on the official [13RY resource website](#). Netflix also filmed [Beyond The Reasons](#) as a tool to help parents and teens frame the conversation and encourage them to speak up and seek help. The show is rated TV MA and there are trigger warning cards prior to three of the episodes.

Here's what we suggest young viewers and parents consider:

- Make a considered and thoughtful decision about whether or not you choose to watch the show. If you have experienced significant depression, anxiety or suicidal thoughts or behaviors in the past, this show may be risky for you to watch.
- If you choose to watch the show and are finding yourself distraught, depressed, or having thoughts of suicide or are having trouble sleeping, stop watching it and let a parent, trusted adult or counselor know. You can also text start to 741- 741 for confidential, professional help 24/7.

- For those who choose to watch the show, consider watching it with others and taking breaks between episodes instead of binge-watching. It would be especially good to watch with parents or other trusted adults. Discuss what you are seeing and experiencing along the way.
- This show does provide an opportunity to explore and discuss the meaning of friendship and how we make choices when we or friends are having troubles or are struggling. Viewers should consider how they might have made different choices from those made by characters in the story.
- Whether you choose to watch this show or not, we should all work to be caring of and vigilant about our family members, friends and ourselves. If you or someone you know is struggling emotionally or showing signs indicating a [possible suicidal crisis](#) get them (or yourself) to [help](#). Support from trusted friends and family, and professional mental health care when it is needed, save lives every day.

If you or someone you know needs immediate help, **text 741741** or call **800-273-TALK (8255)**

Why does this matter?

It has become increasingly clear that the way suicide is described and depicted in the media can actually raise the risk of “copycat” behavior in a small portion of those seeing or hearing these depictions. Reports or shows that include or describe details of the death (such as how and where it happened) or details about the person who died (which of course would be included in a show or story) or that describe the suicide in a way that appears heroic, romantic or based on simple events or causes, can raise risk for some. Also, language that conveys that suicide is a common, typical or reasonable response to events is problematic. And finally, depictions that suggest that suicide is a way to get back at others or alternatively to get attention or be recalled lovingly are also potentially concerning. See: [Action Alliance Framework for Successful Messaging](#)

Encouragingly, there is also [some information](#) about the kinds of depictions of suicide that might actually lower risk. These would include depictions which show people who are struggling being helped and supported by friends and professionals, treatment for mental health problems being effective and stories of people overcoming suicidal challenges.

Unfortunately, several of these problems are present in 13RY. The suicide is graphically depicted, the young woman who dies is memorialized in unhelpful ways, the suicide seemingly results directly from the misdeeds perpetrated against her by others and Hannah is portrayed as a long suffering victim who, by her death, is taking vengeance on those who have wronged her. Further, there are fewer occasions in which more positive and protective messages are communicated. Friends often mistreat each other and most adults are often oblivious to the suffering and misbehavior around them. The school counselor seriously and tragically bungles Hannah’s attempt to reach out for help rather than providing needed support and follow up.

Given these concerns, we encourage young people to consider whether watching the series is the right choice for them, and we encourage parents and educators to familiarize themselves with our [Talking Points](#) and prepare to discuss the series with the young people in their lives who are watching.

Learn more about young adult emotional health and how to help a friend at jedfoundation.org/help.

Family Resource Center Call for Volunteers

The Family Resource Center (FRC) is located in Friends Hospital, 4641 E Roosevelt Boulevard, Philadelphia. Their mission is to provide individuals challenged by mental health conditions and their families with information that can help them in their quest toward recovery. The services they provide include:

- meeting with patients being discharged and providing information and transportation (10 a.m.-noon)
- interacting with families and other visitors in the evenings (6-8 p.m.) and giving them information.

FRC is looking for volunteers who are interested in helping patients and their families deal with mental illness. If you’re interested, please call Larry DiBello at [215-514-5110](tel:215-514-5110).

Thank You to our Generous Donors

If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or use the form below. A contribution 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 welcome donations through your workplace United Way campaign (code 214).

We are grateful for the following donations received in May and June, 2017.

General Contributions

Anonymous (2)
Edward Ashare
[The Digital Mental Health Project](#)/Craig DeLarge
Susan Howard
Barry Patel
Hele Vondra

Walk Contributions

Sponsorships (12)
Donations (147)

Contribution made in memory of Alexis V. Ariano – Nick and Clare Ariano

Contribution made in honor of Ingrid Waldron – Barbara Scolnick

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:

Dues ____ \$60 Household ____ \$40 Individual ____ \$3-\$39 For those with limited income
Donation ____ Additional donation will be appreciated – Thank you! \$_____

We acknowledge 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.

Check or **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.