



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

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President's Message

During this holiday season we offer support to families affected by mental illness through our family member support groups (see below), the information in this newsletter, and our [website](http://www.NAMIPaMainLine.org). Our updated website includes:

- [Mental Health Books for Children and Teens and Their Parents](#)
- [Frequently Asked Questions](#)
- [Resources for Children and Teens](#)
- Revised sections of our Resource Guide
 - [Benefits, Health Insurance, Legal and Schooling](#)
 - [Child and Adolescent Mental Health Resources](#)
 - [Employment and Volunteering](#)
 - [Housing and Transportation](#)

Best wishes for the holiday season,
 Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: Bryn Mawr Family Member Support Group

Date: Usually meets the **first Monday of every month** at 7:00 p.m. (Next meeting on **November 6.**)

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: Havertown NAMI Family Support Group

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (Next meeting on **November 21.**)

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: Parent Peer Support Group

Date: Meets on **Wednesday nights** from **6:45-8:15 p.m.** (Please note: **No meeting on November 22.**)

Place: Wayne Presbyterian Church, Room 207, 125 E. Lancaster Ave, Wayne

Note: This is a free, peer-led support group for parents with a middle or high school child who is challenged with mental health symptoms. The group is designed to be a safe, confidential place to share your experiences and learn from others. For questions or to RSVP, contact Nancy Dever at nancydever@comcast.net or call 610-574-3319.

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

Other Local Activities and Events

Event: **Special Needs Planning Workshop**

Date: Thursday, **November 2**, 6-8 p.m.

Place: Devereux Kanner Center, 390 E. Boot Road, West Chester, PA 19380

Note: This workshop will provide an overview of financial & estate planning for families that have dependents with special needs. Presenters will address critical areas of concern, such as navigating and maximizing government benefits through an overview of programs such as SSI/SSDI, Waivers & Social Security. The workshop will also address important estate planning considerations such as Wills, Special Needs Trusts, and the differences between Guardianship and Powers of Attorney. Finally, it will make attendees aware of how special needs financial planning is different than traditional financial planning. Strategies will be presented to address funding of special needs trusts, tax planning considerations, and ensuring quality of life and lifetime care are maintained for loved ones. The goal is to make sure attendees learn the importance of integrating all the necessary pieces into one cohesive plan, so the vision they have for their child's life can become a reality, whether they are here or not. For more information, please contact Pat Bergmaier at pbergmaier@1847financial.com or 215-317-4143.

Event: **CRAZYWISE Viewing and Discussion**

Date: Thursday, **November 2**, 6-8 p.m.

Place: Room 101 of the Advanced Technology Center, Montgomery County Community College (340 DeKalb Pike in Blue Bell, PA)

Note: The traditional wisdom of indigenous cultures often contradicts modern views about mental health crisis. Is it a "calling" to grow or just a "broken brain"? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience. This event is sponsored by the Montgomery County Hearing Voices Network and International Society for Psychological and Social Approaches to Psychosis. For more information, please contact Mary Fala at 610-256-6274 or mary.fala@rhd.org.

Event: **You Just Have to Laugh with Cathy Sikorski**

Date: Thursday, **November 2**, 6-7:30 p.m.

Place: Surrey Services for Seniors, 60 Surrey Way, Devon, PA 19333

Note: Surrey welcomes humorist and caregiver, Cathy Sikorski, for an evening presentation at our Center for Healthy Living in Devon. For the past 25 years, Cathy has been a significant caregiver to a number of family members. She uses humor, caregiving experience and legal knowledge to help shine a light on the incredible work that caregivers do. She has authored two books, Showering With Nana, Confessions of a Serial Caregiver and Who Moved My Teeth?, a practical and legal guide for adults and caregivers. Cathy has been featured on the Huffington Post and can be seen on the West Chester Story Slam YouTube channel. Cathy also has a blog, "You just have to Laugh ... where Caregiving is Comedy". For more information and to register, call 610-647-9172. Anyone associated with NAMI Main Line may attend at no charge.

Event: **Mental Health First Aid**

Date: Saturday, **November 4**, from 8:00 a.m. - 5:00 p.m.

Place: West Chester Borough Building, 401 Gay Street in West Chester, PA 19380

Note: Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. Please contact Beth Quinn by phone 484-713-1040 or email chescomhfatrainings@gmail.com to register.

Event: **Yes We Can Family Event for Children with Autism and Their Families**, including a **Special Needs Planning Workshop**

Date: Sunday, **November 5**, 2-6 p.m.

Place: Spectrum of Solutions Therapy Services, Parkwood Therapeutic Riding Center, Swamp Rd and Worthington Rd in Newtown, PA 18940

Note: Families can participate in a fun filled afternoon at Parkwood Therapeutic Riding Center in Newtown, PA. The children will be involved in supervised recreational activities, while parents attend a Special Needs Planning presentation by Lori M. Leathers from 1847 FINANCIAL followed by a painting class led by Nina from ART IN THE POD just for parents and caregivers. Tickets must be purchased in advance at <http://bit.ly/2yKgea4>. Food and refreshments will be provided.

Event: **Promote Hope: Where Addiction Meets Suicide**

Date: Thursday, **November 9**, from 8:15 a.m. – 4:30 p.m.

Place: Springfield Country Club, 400 W. Sproul Road in Springfield

Note: Delaware County Suicide Prevention and Awareness Task Force will present their 14th annual symposium on suicide prevention. For information about speakers, break-out sessions, other offerings, and to register, please see http://delcosuicideprevention.org/uploads/3/4/1/9/34195309/conference_brochure_2017.pdf.

Event: **Disease Model of Addiction, Current Treatment Approaches, Elements of Recovery, and Co-occurring Mental Health and Substance Use Disorders**

Date: Thursday, **November 16**, beginning at 7 p.m.

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

Note: Andrew O'Brien, MS, LPC, CAADC, CTTS, CTTS-M will be discussing The disease model of addiction, current treatment approaches, elements of recovery, and co-occurring mental health and substance use disorders. Andrew's work as a therapist focuses on substance use disorders, co-occurring disorders and tobacco treatment. His background also includes work training and supervising clinicians on substance use disorders and co-occurring disorders, as well as tobacco dependence. Addiction is an often misunderstood condition that affects millions of Americans each day. The impact on the individual's life, as well as on their family, is usually profound. The stigma associated with addiction is equally impactful. This event is sponsored by NAMI Bucks County. No registration is required. For more info, call 1-866-399-NAMI (6264).

Event: **Youth Mental Health First Aid**

Date: Tuesday, **December 19**, from 8:00 a.m. - 5:00 p.m.

Place: Friends Hospital, 4641 Roosevelt Blvd., Scattergood Building, Philadelphia, PA 19124

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 contact mhfa_philly@pmhcc.org or 215-685-3755. For more information about Youth Mental Health First Aid, go to <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>.

Event: **Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) Meetings**

Date: Meets on the **2nd Tuesday of the month in Delaware County**, from 6:30-8 p.m. and on the **2nd Wednesday of each month in Montgomery County**, from 5:30-7:30 p.m.

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, and 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 Kim Renninger at KRenninger@MagellanHealth.com.

Crisis Prevention and Management for the Holidays (and year round)

Notes from our workshop presented by Ellen Berman, MD and Amanda Falivene-Rocco, LPC, CPRP

The purpose of holiday ritual is to connect us to family and community, and connect our present to our past and our future. Holidays provide a break in routine and a marker of time passing. They can be stressful because there is such a demand that everyone be happy, that the day be perfect and that we live up to the families in all the ads and pictures. The truth, of course is that no holiday is perfect, that it is difficult to deal with family issues when people are together for such a short period of time, and that it is hard to be happy when a family member is ill or in pain.

The following recommendations are suggestions to make the days easier and prevent crises. Happy and sad moments will come and go. Being together is enough; it doesn't have to be perfect.

No Holiday is Perfect: Lower Your Expectations and Keep Your Hopes

Inclusion

- If someone in the house is very ill, should you have the gathering at your house? Restaurants or friend's houses are often helpful.
- If your house: Who comes and when?
- When family members do not want to speak with each other.
- Including the memory of family members after a death.

Prevention

- Talk ahead of time about what adjustments need to be made for an ill member; what are triggers and what is calming.
- Do other guests or family members know about the illness?
- Think through what rituals are really important. (Do not argue with an ill person about church or synagogue participation, sitting through a whole dinner, etc.)
- Major announcements (I'm gay, I'm changing my religion, I'm moving to Australia) should not be made during a family dinner.
- Keep alcohol out of the house as much as possible
- Keep the food, presents and decorations simple. Ask others to bring food or help out.
- Know and make clear what boundaries are.

Support

- Have someone assigned to check in on an ill loved one if necessary.
- Make space for alone time and private conversations.
- In general, people whose illness has derailed their life course feel embarrassed at family gatherings. Have an all-purpose answer ready to "how are you really" (to you), and "what are you doing next year" (to an ill young person).
- If it's at your house, assign people to help prepare and clean up beforehand.
- Expect moments of sadness in you and family members; don't demand happiness.

For those who would like to have a more concrete plan in place, the **Wellness Recovery Action Plan®** or WRAP®, is a guided, self-designed prevention and wellness process that a person with or without mental illness can use to get well, stay well and make their life the way they want it to be.

WRAP Can Help You:

- Discover your own simple, safe Wellness Tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times
- Guide you through the process of developing a Crisis Plan or Advance Directive
- Introduce you to Post Crisis Planning

For more information about WRAP, go to <http://mentalhealthrecovery.com/wrap-is/>.

Additional resources that can help you cope with, prepare for or prevent a crisis are available at <https://namipamainline.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.

Resources That Can Help You

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.

Lower Merion Counseling and Mobile Services offers services to individuals whose lives have been affected by mental illness and/or substance abuse. They have received a Certified Community Behavioral Health Clinic (CCBHC) demonstration grant which allows them to provide services for people from any county, regardless of their ability to pay. They also offer mobile services, including blended case management for children, recovery

coaches who provide case management for adults, and certified peer specialists. They are planning to open a new Child and Family Center in Ardmore in 2018. For more information, please go to <https://www.rhd.org/lmcs/> 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>.

Very useful guides to understanding and helping someone cope with major mental illnesses, addiction, trauma and abuse, grief and loss, or dementia, as well as advice on stress management and sleep, are available at: <http://helpguide.org/>.

Excerpts from a Helpful Article on Teen Depression

The Rise of Teen Depression by Joe Sugarman
[Johns Hopkins Health Review](#), Fall/Winter 2017 Volume 4 Issue 2

In the past decade, clinical depression and anxiety among adolescents ages 12 to 17 have gone up. As medical professionals seek to find the reasons, how can parents determine: When is it typical teen moods and when is it something more?

...

Teens and those around them are painfully slow in acknowledging warning signs, especially compared to symptoms of other diseases.

...

For her patients, Swartz sometimes compares depression to asthma—another medical condition where environmental factors can worsen the situation. With asthma, an increase in dust or pollen could bring on an attack. With depression, it might be a family tragedy or a stressful situation at school. But outside factors don't always play a role in either condition.

"People who have depression... are always caught up in the whys. Everybody wants a good story to explain it. But sometimes the story is as boring as, 'It runs in your family, you're vulnerable to it, and when the combination of life stress and hormones react, you get it,'" Swartz says. "Sometimes you just have depression. Sometimes you just have asthma. That said, if you ignore the fact that you sneeze every time you pet the cat in your house, it's hard to imagine how you're going to get better."

...

Swartz and several colleagues formed the Hopkins-based Adolescent Depression Awareness Program (ADAP) to help high school teachers and students recognize its symptoms. The team developed a three-hour curriculum for health teachers to share the facts about adolescent depression with their classes. The goal was to convey two primary themes: number one, depression is a treatable medical illness, and number two, if kids are concerned about themselves or a friend, talk to an adult.

...

In her office at Bayview Medical Center, Goldman sketches on a whiteboard what she calls the "cognitive triangle," a core element of cognitive behavioral therapy. At each point, she writes a word: "Thoughts," "Feelings," "Behaviors." Goldman uses the graphic to help clients visualize the areas they can work on to improve their condition. It may be hard for people to alter their feelings, she says, but people can change their thoughts and behaviors, affecting how they feel. Instead of brooding about a perceived slight at school, she recommends changing a behavior—go out for a bike ride or watch a movie with a friend.

...

Anxiety, she says, can be harder to spot. ... Warning signs for so-called "general anxiety" often manifest as physical symptoms—frequent stomachaches, headaches, not wanting to get up in the morning. "Social anxiety," on the other hand, is easier for parents and teachers to see, as kids will be afraid to speak with strangers and won't raise their hands in class or eat in the cafeteria with others.

...

And parents shouldn't be afraid to raise the issue with school counselors, pediatricians, and their kids. "If there's something indicating concern, there usually is something going on," Goldman says. "Sometimes parents are afraid to speak up, but teenagers are usually happy the parent has noticed and is saying something. Sometimes people think they need to suffer silently and that's absolutely not the case."

Is Your Teenager Depressed?

Karen Swartz, psychiatrist and director of clinical programs at the Johns Hopkins Mood Disorders Center, says to look for changes in three main areas:

Changes in Mood

- Feeling sad or low

- Irritability
- Feeling nothing or a lack of enjoyment in formerly pleasurable activities

Changes in Physical Symptoms

- An increase or decrease in appetite, leading to changes in weight
- Sleeplessness or not being able to get out of bed in the morning
- Not being able to focus or concentrate
- Having little or no energy
- Feelings of agitation or restlessness, sometimes relieved by self-medication via drugs, alcohol, or self-harm

Changes in Self-Attitude

- A loss of confidence or self-esteem
- Feelings of worthlessness

While most people have experienced at least one or more of these symptoms in their lives, to diagnose depression, psychiatrists look for a cluster of symptoms lasting for a sustained period of time (at least two weeks) that interferes with a person's functioning socially, academically, or emotionally.

The full article is available at <http://www.johnshopkinshealthreview.com/issues/fall-winter-2017/articles/the-rise-of-teen-depression> .

We Have Updated Our Website

NAMI PA, Main Line has been working hard to make several improvements to the overall look and functionality of our website to make it easier for people to find information quickly. Much useful information is available at <https://namipamainline.org/> .

We have made significant revisions for the following pages:

- **Mental Health Books for Children and Teens and Their Parents** (<http://namipamainline.org/mental-health-books-for-children-and-teens-and-their-parents/>)
- **Frequently Asked Questions** (<https://namipamainline.org/info-resources/frequently-asked-questions/>)
- **Resources for Children and Teens** (<https://namipamainline.org/support/services-for-children-and-teens/>)
- Revised sections of our Resource Guide
 - **Benefits, Health Insurance, Legal and Schooling** (<https://namipamainline.org/benefits-and-schooling/>)
 - **Child and Adolescent Mental Health Resources** (<https://namipamainline.org/child-and-adolescent-mental-health-resources/>)
 - **Employment and Volunteering** (<https://namipamainline.org/employment-and-volunteering/>)
 - **Housing and Transportation** (<https://namipamainline.org/housing-and-transportation/>)

Forensic Assertive Community Treatment and Criminal Justice Involvement

(Excerpted from www.TreatmentAdocacyCenter.org)

Forensic assertive community treatment (FACT) is found to reduce criminal justice involvement and increase outpatient treatment use in recent results from a randomized control trial.

FACT is an emerging model of outpatient treatment for justice-involved individuals with serious mental illness. Previous studies have been mixed on its effectiveness to reduce criminal justice contact among program participants, however, that has been shown to be due to the wide variability in FACT program structure and treatment availability.

Outcomes of FACT Evaluation

The study, published in *Psychiatric Services*, found that the FACT model had significant effects in improving outcomes for individuals with serious mental illness compared to usual treatment controls. Individuals enrolled in the FACT program on average had fewer:

- number of arrests (0.8 compared to 1.3 arrests),
- days in jail (21.5 compared to 43.5 days),
- emergency department visits (0.8 compared to 1.9 visits) and

- hospitalization days (4.4 compared to 23.8 days).

In addition, compared to individuals in the control group, people in the FACT program on average had greater:

- days in treatment (305.5 compared to 169.4 days) and
- outpatient treatment contacts (112.0 compared to 14.1 contacts).

For more information, please see the full article at <http://www.treatmentadvocacycenter.org/fixing-the-system/features-and-news/3933-research-weekly-y-forensic-assertive-community-treatment-and-criminal-justice-involvement>.

Share Your Story about Mental Health Parity to Help Influence Legislators about the Mental Health Parity Law

The Pennsylvania Mental Health (MH) Parity Coalition, a small but active group of advocates from across Pennsylvania, convened to promote compliance with the MH Parity Act in offering insurance coverage of mental health and substance disorder benefits which are comparable or at parity with physical health benefits, met in May 2017.

It was agreed that there is a need to **collect "stories" from folks who have faced discrimination in cases of seeking insurance coverage for their mental health and substance use services.** This inequity can be quantitative in nature with limited numbers of sessions versus those in the Physical Health arena. However, the most insidious and frequent are the non-quantifiable limitations, such as having to fail using a lower cost medication or service before being eligible for the medication or service that the physician orders.

If you have had an experience of this nature, please submit your story without any individuals' identifying information to **Lloyd Wertz** at lwertz@pmhcc.org. Your stories are appreciated as the Pennsylvania Mental Health Parity Coalition continues to advocate for improved and equal services for our persons with mental health or substance use disorders. Please call 267-414-4870 with any questions.

You can also submit your stories to The Kennedy Forum, a national organization that hopes to collect enough cases to press state legislatures into taking action, at <https://parityregistry.org/complaint/>.

Upcoming NAMI Signature Program Facilitator Trainings

Are you interested in becoming a Family-to-Family Facilitator or NAMI Family Support Group Facilitator? If so, please contact us at info@NAMIpaMainLine.org for more information about upcoming facilitator trainings and how to apply. NAMI Keystone PA, our state affiliate, is in the process of organizing trainings for the following NAMI signature programs this winter:

- NAMI Family Support Group Facilitator Training in February/March in Harrisburg
- NAMI Family-to-Family Facilitator Training in February in Harrisburg

More information about these programs can be found at <https://www.nami.org/Find-Support/NAMI-Programs>.

Mental Health America Seeks Speakers for Annual Conference

At their *Fit for the Future* event, they will offer a traditional mixture of keynote speakers, plenary discussions and workshop panels. All workshop panels will fall within four dedicated "fitness" tracks:

- **Track 1: Personal Fitness** - What can individuals do for themselves to stay healthy for the future, focusing on exercise, nutrition and overall mental wellness?
- **Track 2: Fit Programs** - What are some of the most promising innovations in research and programming currently available or will be available to the field in the coming years?
- **Track 3: Fit Practices** - How is collaboration, integration, accountability, and outcomes-based thinking in providing services changing the way we treat mental illnesses?
- **Track 4: Fit Policy** - What are the opportunities to build on the foundation of mental health reform in 2018 and beyond? How do we seize and act upon them for meaningful change?

They are looking for cool concepts and bold ideas, cutting-edge innovations, and evidence-based initiatives in all tracks. They are looking for programs and practices that are innovative.

For more information and to download the full Call for Proposals and Application, visit www.mentalhealthamerica.net/2018-call-proposals. Please note that all submissions must be received no later than November 30, 2017.

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. 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 September and October, 2017.

General Contributions

Anonymous (4)
Nancy Dever
Jerome Taylor

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 _____ **Town** _____ **State** _____ **Zip** _____

Email _____ **County** _____

Payment Information:
Dues _____ \$60 Household _____ \$40 Individual _____ \$5-\$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.