

NAMI PA, Main Line – 2017 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.

“I grew in understanding of my son’s troubles and the many reasons for his words and actions. I’m able to form a plan for dealing with him and helping him. I am hoping to begin a conversation that we can sustain together. You ... gave me much more hope for the future.”

- 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
- Parent Peet Support Group – meets weekly
- Developed new resources and outreach to help families with children and adolescents with mental health concerns, including
 - Our Grant Program for children and teens with mental health concerns awarded three grants.
 - Co-sponsored Youth Mental Health First Aid with the Haverford Area YMCA
- 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 talking with me and sending the info. Very helpful!”

- Main Line NAMI Forum and Workshop presentations:
 - “Planning for the Future of an Adult Child with Mental Illness”, with Michele Leahy
 - “Ask the Experts”, with Judith Katz, M.D., Ellen Berman, M.D. and Michael Harper, Esq.
 - “Severe Mental Illness and Recovery – First-Person Accounts by Individuals who are in Recovery and Family Members”
 - “Navigating Behavioral Health in Montgomery and Delaware Counties”, with Vera Zanders, Deputy Mental Health Administrator for Montgomery County; Donna Holiday, Deputy Mental Health Administrator and Tracy Halliday, Mental Health Director for Delaware County
 - “Crisis Prevention and Management for the Holidays (and year round)”, with Ellen Berman, M.D. and Amanda Falivene-Rocco, LPC, CPRP

“Each speaker was excellent! Thank you for putting this informative panel together.”

“We really enjoyed the speakers. It’s especially hard to find people speaking firsthand about their illness. They were brave to speak and we learned a lot from them and had a good discussion afterwards on the way home.”

“Very helpful, practical advice. The speakers provided a framework for approaching the holidays.”

Community Outreach

- Twenty-one educational presentations to groups, including nursing students, medical students, physician’s assistant students, social work students, psychology students, psychiatry residents, and family therapists, community organizations, and congregations

“I was pleased to have been a part of this experience because as a nurse I will come across mental health illnesses in the hospital setting and it would be beneficial to recommend an organization like NAMI to patients. NAMI is doing its part in the world by educating and advocating on behalf of the mental illness population. The members of NAMI were knowledgeable and had a strong passion for spreading awareness on mental illnesses which is highly needed in healthcare.”

"Her presentation was wonderful!!! The students appeared to enjoy it and asked a lot of questions. I think (or at least I hope), that they have a more personal understanding of mental illness from a family member's point of view.... I can't thank you enough for introducing us!"

- TV interview on local channel

"You did a wonderful job... We are thrilled to partner with NAMI and so happy to be able to have the TV show as another channel to discuss mental health issues and share resources."

- Information tables at community events
- "Main Line NAMI on the Move – Stepping out for Mental Health Awareness" raised awareness in our local Main Line community.
- Our programs and responses to individual inquiries served almost 400 people each quarter in 2017.

Electronic Outreach

- Developed new pages on our website (<http://namipamainline.org/>), including:
 - "Housing Options for People Living with Mental Illness"
 - "Mental Health Books for Children and Teens and Their Parents"
- 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"
 - multiple sections of our "Resource Guide"

"You have developed some great resources on your great web site, and I post them on our monthly email blasts."

- Reorganized the navigation buttons our website and made other improvements to make our website more user-friendly and appealing
- Distributed and Web-published to more than 1,000 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>) and Twitter (<https://twitter.com/NAMIPAMainLine>), reaching nearly 2,000 individuals with each post. In addition, our posts are shared with all Pennsylvania NAMI affiliates.
- 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
- Maintained SlideShare page (<https://www.slideshare.net/NAMIPAMainLine>) and Pinterest page (includes 14 boards containing 39 pins of information related to mental health and mental illness (<http://www.pinterest.com/namipamainline/>)).
- Our website and electronic communications served over 5000 people per month in 2017.

Advocacy

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Helping family members find resources to advocate on behalf of their loved ones