



NAMI PA, Main Line
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Main Line NAMI Newsletter – May, 2018

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President's Message

Please join us for "[Just Talk About It](#)" presented by [Minding Your Mind](#) and [NAMI, PA Main Line](#) for youth in grade 6 and up, their parents and other caring adults on **Sunday, May 6**, from 6-8:30 p.m., at Wayne Presbyterian Church. Please RSVP at <https://tinyurl.com/JustTalkMay6>. (See below for additional information.)

This year our annual walk, [Main Line NAMI on the Move – Stepping out for Mental Health Awareness](#), will be on **Saturday** morning, **October 13**. Please save the date! (See below for additional information.)

In recognition of the First National Older Adult Mental Health Awareness Day on May 18, our newsletter this month includes a section on "**Mental Health for Older Adults**". We are pleased to announce a new section of our Resource Guide, [Mental Health Resources for Older Adults](#).

Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: [Just Talk About It](#), featuring NAMI PA, Main Line and Minding Your Mind
 Date: Sunday, **May 6**, from 6-8:30 p.m.
 Place: Wayne Presbyterian Church, 125 E. Lancaster Ave, Wayne
 Note: [Minding Your Mind](#) and [NAMI, PA Main Line](#) will encourage participants to "*Just Talk About It*" as they help us recognize the warning signs of stress, anxiety, depression and crisis. Designed for students in 6th grade and older and the adults who support them – we'll learn to look beyond any stigma of mental health and notice warning signs in ourselves and our peers. This event is free and open to all. Please RSVP at <https://tinyurl.com/JustTalkMay6>. For more information, forward your inquiries to WPCmentalhealth@gmail.com or call Wayne Presbyterian Church at 610-688-8700.

Event: **Main Line NAMI on the Move: Stepping Out for Mental Health Awareness**
 Date: Saturday, **October 13**, registration and Mental Health Resource Fair beginning at 8:30 a.m., program and walk beginning at 9:30 a.m.
 Place: St. Mary’s Episcopal Church (36 Ardmore Avenue in Ardmore, PA)
 Note: We are pleased to announce that our annual local awareness-raising and fundraising walk will be moving from May to October 2018. 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. If you are interested in participating in the planning of this event or would like additional information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: **Bryn Mawr Family Member Support Group**

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

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, Diane, at 610-247-4545.

Event: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (Next meeting on **May 15.**)

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.**

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: Wednesday, **May 23**, from 7-8:30 p.m.

Place: Divine Providence Village (Multi Purpose Room at 686 Old Marple Road in Springfield)

Note: 1847's workshops are focused on empowering and educating families who have dependents with special needs giving them clear, actionable information that can be used to understand and build a responsible financial lifestyle. This small and interactive seminar will be led by popular financial speaker, Pat Bergmaier, and will provide a comfortable setting in which attendees can learn how to take control of their present and future financial planning. As a follow-up, individual meetings may be scheduled to focus on your personal financial situation without distraction. For more info and to register, please go to <http://www.1847financial.com/p/special-needs-resource#event=9571310>.

Event: NAMI Keystone Pennsylvania's **Annual Child and Adolescent Mental Health Conference**

Date: Friday, **June 8**, from 7:45 a.m.-4:30 p.m.

Place: Pittsburgh Airport Marriott (777 Aten Road, Coraopolis, PA 15108)

Note: This year's conference is titled, "*Expanding the Conversation: Giving Voice to Children, Adolescents, and Families in the Behavioral Health System*". Presenters will discuss how through research, practice, and advocacy they're giving children and families the confidence to come forward and talk about their mental health concerns despite the stigma, while also giving them tools they need to play an active role in identifying and addressing challenges. To learn more, please go to <http://www.namikeystonepa.org/education/conferences/child-adolescent-mental-health-conference/>.

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.

Event: **2018 NAMI National Convention**

Date: **June 27 -30**, 2018

Place: [Sheraton New Orleans](#) on Canal St. in New Orleans, LA

Note: The NAMI National Convention is one of the largest annual gatherings of mental health advocates in the nation. This year's theme "**Live. Learn. Share hope.**" describes the NAMI experience. Our collective voice spreads hope that recovery is possible and families can be whole again. The NAMI National Convention connects people affected by mental illness who are looking for resources, research and support. Attendees include individuals with mental illness, family members, caregivers, advocates, policymakers, educators, researchers, clinicians and press. For more information, go to <https://www.nami.org/Convention>.

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](#) 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 a compilation of links to useful **advice on coping with mental illness**, including information about helping your loved one, practical issues (such as types of housing available for individuals with mental illness), treatment for mental illness (such as information about navigating and understanding the adult inpatient hospital system), youth resources, and more, please visit <https://namipamainline.org/info-resources/advice-coping-with-smi/>.

Mental Health for Older Adults

We have added a new section to our [Resource Guide](#), called Mental Health Resources for Older Adults which is available at <https://namipamainline.org/mental-health-resources-for-older-adults/>. We thank our colleagues at [Surrey Services](#) for preparing this comprehensive list of mental health resources for older adults.

NAMI PA, Main Line volunteer, Bruce Fay, was interviewed as part of a Mental Health Resource Program specifically designed for older adults developed by Surrey Services. See his interview at <https://surreyservices.org/resources/surrey-solutions-tv-show-mental-health-older-adults>.

The First **National Older Adult Mental Health Awareness Day** will be on Friday, **May 18, 2018**. SAMHSA and the Administration for Community Living, together with the National Coalition on Mental Health and Aging, will host a panel discussion to raise public awareness about the mental health of older Americans and spur action to address the needs of this population. Watch a panel of experts discuss evidence-based approaches to mental health and substance use prevention, treatment, and recovery supports for older adults, and encourage collaboration between the mental health and aging networks on Friday, **May 18**, from 10 a.m.–12:30 p.m. The panel will also highlight the work of the Interdepartmental Serious Mental Illness Coordinating Committee and offer guidance for people who seek treatment and services. HHS Assistant Secretary for Mental Health and Substance Use, Elinore McCance-Katz, M.D., Ph.D., along with HHS Assistant Secretary for Aging, Lance Robertson, will provide opening remarks. For more information and to register for this event, please go to <https://www.eiseverywhere.com/ehome/noamhad/home>. Participation can take place in person as well as online.

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 posts and tweets will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like, as well combating stigma. 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

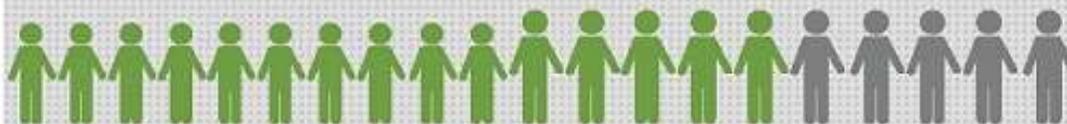
Fact: 43.8 million adults experience mental illness in a given year.



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



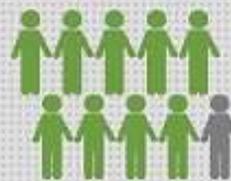
1st

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%

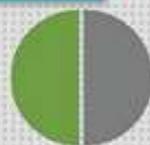
90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

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

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twitter.com/NAMIcommunicate

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 to the following donors who made contributions in March and April, 2018.

General Contributions:

Anonymous (6)
The Audrey S. Knewstub Foundation
Hele Vondra

Contributions made in honor of Mr. and Mrs. Paul Brandes:

Anonymous (1)
Kim Einhorn
Midland Area Community Foundation

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 _____ \$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.