



Main Line NAMI Newsletter – July, 2018

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President's Message

We hope you will join us for our **summer party** on **Sunday, August 5, 4-6 p.m.** at a Merion location. This will be a good opportunity to socialize with others who may share similar experiences and to meet Board members and officers of our affiliate. The food will be “potluck” – salads, cold cut, rolls, desserts and drinks. If you are unable to bring any food that’s okay, but please sign up for the party by August 2, so we can make sure to have enough food. You can sign up and let us know what you will bring at <https://tinyurl.com/MainLineNAMIparty>. We will provide the address after you register.

Please plan to join us on **Saturday** morning, **October 13** for our annual walk, **Main Line NAMI on the Move – Stepping out for Mental Health Awareness** (see below). You can help to make this event a success by:

- making a [tax-deductible donation](#)
- [registering](#) to be a walker
- encouraging friends, family and acquaintances to donate, even if you will not be a walker
- [organizing a Walk Team](#) of walkers and donors
- [becoming a corporate sponsor](#)
- [volunteering to help](#) at the walk

Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: **NAMI PA, Main Line’s Annual Summer Party and Potluck**

Date: Sunday, **August 5**, from 4-6 p.m.

Place: At a Merion location

Note: Please join us for our annual party and potluck where you can meet others who may share similar experiences as well as Board members and officers of our affiliate. If you are unable to bring anything to share, that is okay, but we ask that you RSVP for the party by August 2 so that we can make sure to have enough food. You can register and let us know what you will bring at <https://tinyurl.com/MainLineNAMIparty>. The address will be provided upon registration.

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 beginning at 9:30 a.m. and walk at 10 a.m.

Place: St. Mary’s Episcopal Church (36 Ardmore Avenue in Ardmore, PA)

Note: 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 go to <http://namipamainline.dojigggy.com>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m.

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.

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 every other **Wednesday night** from **6:15-7:45 p.m.** Summer meetings will be on **July 11, July 25, August 8** and **August 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: **How to Create Systems and Structures for Children and Teens with ADHD, ODD, and Anxiety**

Date: Wednesday, **July 11**, at 1 p.m.

Place: Live webinar with replay link

Note: This free expert webinar will teach how to take the “coach approach” to help complex kids get things done with Elaine Taylor-Klaus, PCC, CPCC, and Diane Dempster. For more information and to register, go to <https://bit.ly/2MwmsNW>.

Event: **New Directions Support Group’s Annual Arts Fest**

Date: Saturday, July 14, from 1-4 p.m.

Place: Giant Supermarket in Willow Grove, Community Room, 2nd floor

Note: The annual arts festival is free and will feature members of the community displaying artwork, crafts and photography and performing poems and songs. Free Refreshments will be provided. Please join us and showcase your talents! For more information, email compass123@comcast.net or call 215-659-2366.

Event: **NAMI Montgomery County’s WRAP Training for Individuals with Mental Health Challenges**

Date: Saturday and Sunday, **July 14** and **15**, from 9 a.m.-4:00 p.m.

Place: NAMI Montgomery County Office: 100 W Main St., Suite 204, Lansdale, PA 19446

Note: WRAP (Wellness Recovery Action Plan) is a powerful tool in helping people manage their lives and take personal responsibility for their recovery. WRAP can help you live your best life by reducing stress, promoting self-awareness and crisis planning. For more information and to register, please call 215-361-7784 by July 7th.

Event: **NAMI Montgomery County’s WRAP Training for Family and Friends of those with Mental Health Challenges**

Date: Saturday and Sunday, **September 15** and **16**, from 9 a.m.- 4:00 p.m.

Place: NAMI Montgomery County Office: 100 W Main St., Suite 204, Lansdale, PA 19446

Note: WRAP (Wellness Recovery Action Plan) is a powerful tool in helping people manage their lives and take personal responsibility for their recovery. WRAP can help you live your best life by reducing stress, promoting self-awareness and crisis planning. For more information and to register, please call 215-361-7784 by September 8th.

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.

Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency

“**Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency**” (Crisis Guide) provides important, potentially life-saving information for people experiencing mental health crises and their loved ones. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

NAMI National created this guide so that people experiencing mental health emergencies and their loved ones can have the answers and information they need when they need it. In the pages of the Crisis Guide, you’ll find:

- Understanding mental health crises
- Preparing for a crisis
- What to do during a crisis
- What to do following a crisis
- A sample crisis plan

For more information about the Crisis Guide and other useful resources, go to <https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>. To download the Crisis Guide directly, go to <https://bit.ly/2loQO7p>.

Suicide – Prevention; Coping with the Aftermath

Suicide Prevention Resources:

- If you or someone you know is having a mental health emergency:
 - call [The National Suicide Prevention Lifeline](https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis) at 800-273-TALK (8255) to be referred to the closest crisis center or call 911. For Spanish speakers, call 888-628-9454.
 - or call your **local crisis line**; in Southeastern PA see <https://namipamainline.org/crisis-numbers/>. These crisis lines provide access to staff who are specifically trained for dealing with mental health crises and may provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an in-person evaluation, and/or make referrals as needed.
- NAMI PA, Main Line has compiled resources for **Coping with and Preparing for a Crisis** at <https://namipamainline.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.
- **Warm Lines** offered by counties provide one-on-one support (in Southeastern PA, see <https://namipamainline.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>).
- NAMI National has helpful information about the **risk of suicide** and **preventing suicide**.
- **Additional advice** is available at (*please insert link to suicide article on our website*)
- Healthy Minds with Dr. Jeffrey Borenstein has created a **video on Suicide Prevention** at <https://bbrfoundation.us3.list-manage.com/track/click?u=c6e89b4de3dfd70e795490632&id=0ae18dcd2a&e=0939c776da>.

Resources for Coping with the Aftermath of a Suicide:

- **A Time To Heal** (484-571-8010) offers support groups for children and teens who have experienced a suicide loss.
- **Compassionate Friends** (<https://www.compassionatefriends.org/>) has many locations that offer grief support.
- **Peter's Place** (www.petersplaceonline.org) offers peer support groups for children grieving the loss of a significant other, a young adult support group and a parent support group for people dealing with the loss of a child because of substance abuse.

- **Survivors of Suicide** (www.survivorsofsuicide.com) offers online support groups.
- **The Delaware County Suicide Prevention Task Force** (<http://delcosuicideprevention.org/support-groups/>) offers support groups and information.
- **Practical Information for Immediately after a Suicide Loss** (<https://afsp.org/find-support/ive-lost-someone/practical-information-for-immediately-after-a-loss/>)
- **If You Have Lost a Friend or Family Member to Suicide** (<https://cmhc.utexas.edu/bethatone/studentscopingsuicide.html>)
- **Additional advice** is available (<https://namipamainline.org/suicide-prevention-coping-with-the-aftermath/>)

Videos Which Aid Our Understanding of Depression

Dr. Michael Ascher, M.D., FAPA, Clinical Assistant Professor at the Perelman School of Medicine at the University of Pennsylvania, has recommended the list of videos below which can aid our understanding of depression.

- [“Depression: The Secret We Share”](#) By Andrew Solomon Ph.D: In his presentation at TEDxMet, October 19, 2013, Dr. Solomon discusses the years he battled depression, and his eye-opening journey across the world to interview others with the condition.
- [“What is Depression?”](#) – By Helen M Farrell
- [“Why We Need to Talk About Depression”](#) – Ted Talk by Kevin Bree
- [“I had a black dog, his name was depression.”](#) – By the World Health Organization
- [“The Science of Depression”](#) – By AsapSCIENCE
- [“Explaining Depression to My Mother”](#) – By Sabrina Benaim
- [“7 Signs You May Have High Functioning Depression”](#) – By Psych2GO

NAMI Homefront Now Offered Online

NAMI Homefront is a free, 6-session program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions.

The program is designed to help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be telephone, a headset or headphones with mic are recommended.

There are two classes scheduled for participants in our area:

Wednesdays, from August 8th - September 12th, from 6:30 - 8:30 p.m.

Tuesdays, from August 7th – September 11th, from 10:00 a.m. - 12:00 p.m.

Pre-registration is required and space is limited. For more information about the program, please go to <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront>. All participants are screened to ensure this program is appropriate for their needs. To register, please go to <https://www.research.net/r/homefrontonline>.

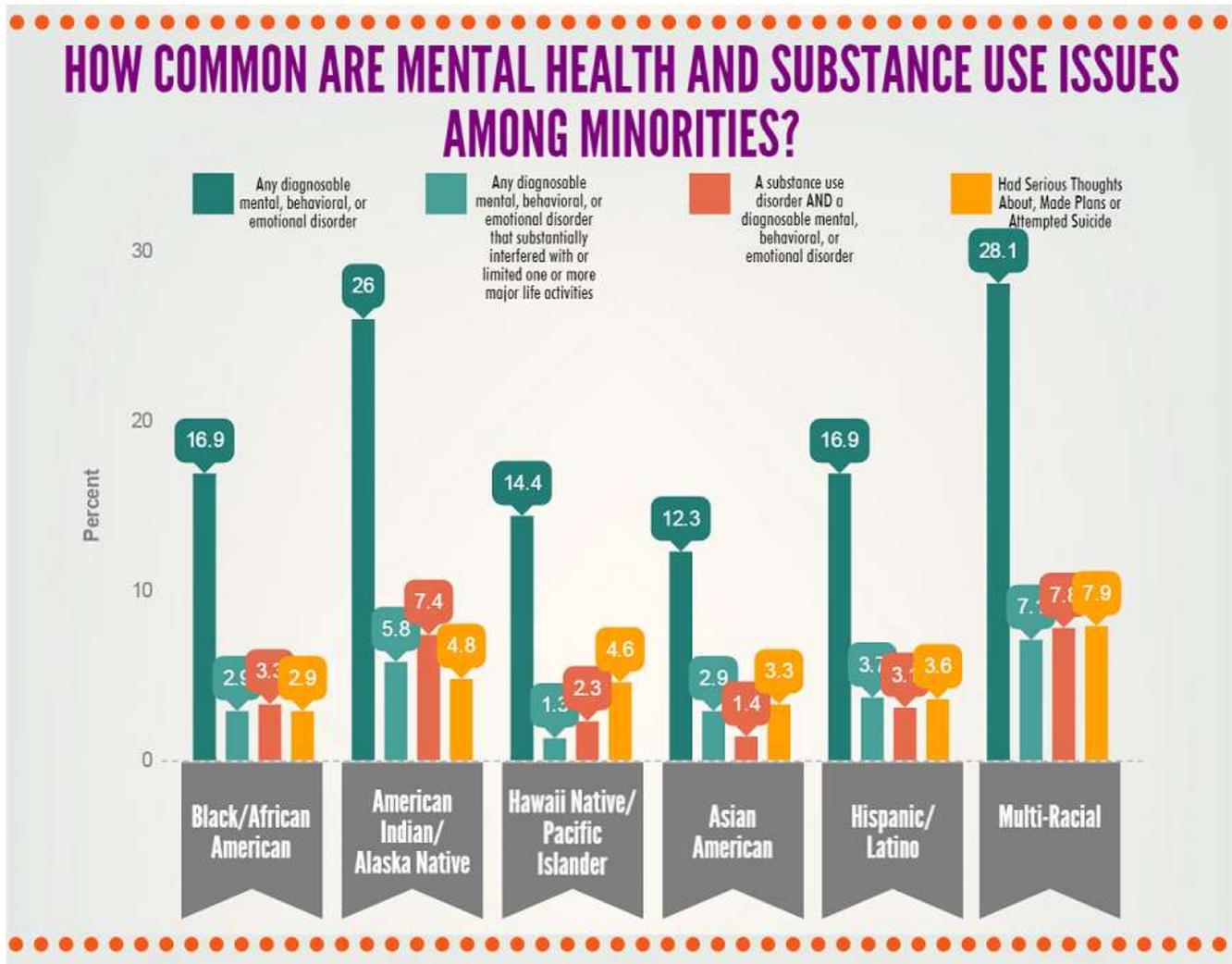
July is National Minority Mental Health Month

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/2qXZMif>

The partial infographic from Mental Health America below has some quick facts about mental health and mental illness within minority populations. The full infographic can be found at <http://www.mentalhealthamerica.net/conditions/infographic-minority-mental-health>.



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 included form. 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 May and June, 2018.

Contributions made in support of Family-to-Family:
Anonymous (1)

General Contributions:
 Anonymous (5)
 Bruce and Pattie Friedman
 Nancy and Bob Helfman
 Chichester Tri-M Music Honor Society

Contributions made in honor of the wedding of Kim Einhorn and Paul Brandes:
 Anonymous (2)
 Adine Brandes
 Jed Brandes
 Bethann Kagan
 Kim and Martin Silverman
 Beth Spirn
 Frieda and John Tydings
 Lora Waldman

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.