



NAMI PA, Main Line

Affiliated with National Alliance on Mental Illness

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Main Line NAMI Newsletter – January, 2016

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President's Message

Thank you to everyone who contributed to our [end-of-year campaign](#) or renewed your [membership](#) recently. We very much appreciate your support!

We hope you will join us in 2016 for:

- Forum: [Dual Diagnosis: What Is It and How Can I Help?](#) with Dr. Jena Fisher, **March 6 (snow date March 13)**, 2-4 p.m., Ardmore Presbyterian Church
- Workshop: [Understanding, Preventing and Managing Caregiver Burnout](#) with Edie Mannion, Sunday, **April 10**, 2-4 p.m., Ardmore Presbyterian Church
- **Main Line NAMI on the Move – Stepping out for Mental Health Awareness**, Saturday morning, **May 21** in Bryn Mawr

If you have an older teen or adult family member with mental illness, we encourage you to participate in [Family-to-Family](#), a free education and support program. Family-to-Family will begin on Wednesday, **February 3**, and meet once a week for 12 weeks, 7-9:30 p.m. This program will be offered in the Lankenau Hospital area of Wynnewood. For more information and to register, contact Judy at 610-668-7917 or F2Fmainline@aol.com. Registration is required.

Beginning with this issue, we will publish our President's Message and Newsletter every other month. On other weeks, we will publish our brief, but informative Weekly Updates. You may also want to follow us on Facebook (<https://www.facebook.com/NAMIPAMainLine>) or Twitter (<https://twitter.com/NAMIPAMainLine>). Our expanded outreach on social media has been receiving appreciations such as:

"God bless you for educating, advocating, and working to help people with mental illness and those who care for them."

Best wishes for the New Year,
Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: Bryn Mawr Family Member Support Group

Date: Meets on Monday, **January 4** at 7:00 p.m. (Typically meets 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, please contact the group facilitator, Susie Vernick, at 610-649-5206.

Event: Family-to-Family Education Program

Date: Beginning on Wednesday, **February 3**, and meeting once a week for 12 weeks from 7-9:30 p.m.

Place: Meets at Lankenau Medical Center

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, 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. If you have questions or to register, please contact Judy at 610-668-7917 or F2FMainLine@aol.com. *Registration is required.*

Event: **New Beginnings Mental Health Support Group** **Please note: This group is on indefinite hiatus.**

Event: Forum: **Dual Diagnosis: What Is It and How Can I Help?**, with Dr. Jena Fisher

Date: Sunday, **March 6** (snow date March 13), 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Avenue in Ardmore*

Note: Dr. Fisher is a psychologist who is the Director of Behavioral Health for the Philadelphia Department of Public Health. Her talk will focus on recognizing signs and symptoms of mental health and substance use difficulties, and what you can do to help a loved one. There will be ample time for questions and answers. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: Workshop: **Understanding, Preventing and Managing Caregiver Burnout** with Edie Mannion

Date: Sunday, **April 10**, 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Avenue in Ardmore*

Note: Our workshop leader, Edie Mannion, LMFT (Licensed Marriage and Family Therapist), is the co-founder/director of the Training and Education Center at the Mental Health Association of Southeastern PA, a private therapist/consultant specializing in serious mental health disorders, and a family member. This workshop will include several opportunities for small group discussion. We will begin with a very brief business meeting. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: **Main Line NAMI on the Move – Stepping out for Mental Health Awareness**

Date: Saturday, **May 21**, morning

Place: Bryn Mawr

Note: We are pleased to announce that this spring we will host our second annual local awareness-raising and fund-raising walk. 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. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

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

Other Local Informational and Support Events

(Please see [Support Groups by County](#) for listings of local support groups.)

Event: **Mental Illness and the Criminal Justice System**

Date: Wednesday, **January 6**, from 7-8:30 p.m.

Place: 100 W. Main Street, Suite 204, Lansdale PA 19446

Note: What do you do when your loved one with a mental illness is arrested or becomes involved in the criminal justice system? Where do you turn? What steps do you take? What can you expect to happen? Come and learn the answers to these questions and more. Featured will be Don Kline, PhD, Director, Criminal Justice, MCES (Montgomery County Emergency Services). Don speaks as a professional as well as a family member. Dr. Kline has been with MCES for over 30 years and directs the Crisis Intervention Specialist School, Justice Related Services, Mobile Crisis Intervention Service, Forensic Blended Case Management, Transition Specialists, Forensic Services, and Community Peer Specialists. He is also the Deputy Director of the Montgomery County Police Academy, and is an Adjunct Professor at Montgomery County Community College. This event is free and open to the public; however, an RSVP is requested by January 4. Please call Montco NAMI at 215-361-7784.

Event: **Ask the Police**

Date: Saturday, **January 9**, from 1:30-3 p.m.

Place: Willow Grove Giant Supermarket, 315 York Road, Willow Grove PA 19090

Note: Many individuals with mental health concerns have had encounters with the police. Lt. Tim Troxel of the Upper Moreland Police Department will discuss how officers respond to the many mental health-related

calls they receive. He will also answer your questions and listen to your suggestions. Sponsored by New Directions Support Group for individuals and loved ones affected by depression and bipolar disorder (www.newdirectionssupport.org). This event is open to the public and there is no need to RSVP. For more information, please call 215-659-2366, ext. 6 or email Compass123@comcast.net.

Become a Family-to-Family Facilitator

There will be a NAMI Family-to-Family Education Program Teacher Training in Paoli the weekend of February 26-28, 2016. If you are a graduate of the NAMI Family to Family Education Program, please consider becoming a teacher and helping other families affected by mental illness. Applicants must be NAMI members in good standing and be recommended by their NAMI affiliate. There is no cost to participants. For more information or to express your interest, please contact Kristine Songster (coordinator@NAMIpaMainLine.org or 267-251-6240).

Local Offerings of NAMI Family-to-Family Education Programs

Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, 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.

Event: NAMI PA, Main Line's **Family-to-Family (F2F) Education Course**

Date: Beginning on Wednesday, **February 3**, and meeting once a week for 12 weeks, from 7-9:30 p.m.

Place: Lankenau Medical Center in Wynnewood

Note: If you have questions or to register contact Judy at 610-668-7917 or F2FMainLine@aol.com.
Registration is required.

Event: Montgomery County NAMI's **Family-to-Family (F2F) Education Course** in Lansdale

Date: Beginning on Tuesday, **February 16**, and meeting once a week for 12 weeks, from 6:30 – 9 p.m.

Place: 100 W. Main Street, Suite 204, Lansdale

Note: For more information or to register please contact our office at 215-361-7784.

Event: NAMI Bucks County's **Family-to-Family (F2F) Education Course**

Date: Beginning in March, and meeting once a week for 12 weeks

Place: TBD

Note: For more information or to register, please contact NAMI Bucks County at 1-866-399-6264 or info@namibuckspa.org.

Support Groups by County in Southeastern PA

Please visit the [Support Groups by County in Southeastern Pennsylvania](#) page 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 a complete listing, please go to <http://namipamainline.org/support-groups-by-county-in-southeastern-pennsylvania/>.

News You Can Use

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/>.

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/>.

Taking Care of Your Body Can Improve Your Mental Health

Maintaining good physical health can help your mental health as well. Below are some ideas about how to maintain a healthy lifestyle that can lead to better mental and physical health

NAMI's approach to taking care of your body:

- **Get active:**
Studies have shown that exercise can reduce anxiety and depression and improve mood, self-esteem and cognitive function.
- **Eat healthy:**
Eating healthy is important because the nutrition we take in is translated directly into benefits for our body. Good nutrition can prevent co-occurring physical ailments such as obesity and diabetes.
- **Be mindful:**
This increases self-awareness and can help relieve stress, improve sleep, and reduce chronic pain, blood pressure and symptoms of heart disease.
- **Avoid smoking and substance abuse:**
People living with a mental health condition are often more sensitive than others to the effects of alcohol and other drugs; many medications which are commonly prescribed for mental health conditions have a combined effect with drugs and alcohol and can create dangerous, toxic situations for users.
- **Think positive:**
The thoughts and perceptions we have of ourselves influence how we feel and behave.
- **Get a good night's sleep:**
Sleep problems and mental health conditions can become a vicious cycle.
- **Have a support system:**
Being able to talk to a trusted friend, family member, support group or mentor can provide relief and assistance when you need it.
- **Plan ahead:**
A psychiatric advance directive allows you to state your preference about your psychiatric and physical care in advance of an event that might leave you no longer be able to do so.

For more information, including further explanation and tips, please go to <http://www.nami.org/heartsandminds/mindfulness>.

Grants Available for Families with a Child or Teen with Mental Health Needs: Apply Now

NAMI PA, Main Line is pleased to offer small grants to families who have a child or teen with mental health needs, including those with autism spectrum disorder. The purpose of these grants is to provide children and teens who would benefit from a social skills program, or a recreational program that meets social skills needs, access to meaningful social skills opportunities as recommend by the primary care physician or licensed clinician. Grants will not exceed the lesser of the following amounts: ½ of the total cost of any one program or \$200. Also, the sum of all grants awarded within one fiscal year will depend on the total amount available to be dispersed, limited to \$1,000 annually.

Families who meet the following criteria are eligible to apply for a grant:

- have a dependent or dependents between the ages of three and 16 with a diagnosed mental illness (including autism spectrum disorders).
- have an annual household income that does not exceed \$75,000, plus \$15,000 for each dependent member of the household. (Note: Dependents are defined by the IRS at <http://tiny.cc/irsdefinitions>, and do not include spouses.)
- can provide a written note from a licensed provider stating that a named program would be of benefit to the child or teen's mental health needs.
- can provide a program description from the proposed provider that includes the total cost of the program, including registration and supply fees.
- can provide the billing address of the program provider for remittance of the grant monies.

- can provide documentation showing that the program is a non-public, charitable, 501 c 3. (Please click [here](#) for a listing of 501 c 3 programs that have been recommended by other families to NAMI, PA Main Line.)
- have not received a grant from NAMI PA, Main Line in the last year.
- complete the Grant Application form.

All application materials must be received before the application can be reviewed. For more information and to apply, please complete our online application at <http://namipamainline.org/support/grant/> or call 267-251-6240 to request a paper application.

Thank You to Our Generous Contributors

It is not too late to make a contribution in 2015. If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or send your check to NAMI PA, Main Line, 320 Woodley Road, Merion Station, PA 19066.

A tribute 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.

We are most grateful for the following donations received in December, 2015.

Tributes

| | | | |
|------------------------------|--|-------------|-------------------|
| In Memory of Nick Haywood | Anonymous | | |
| In Memory of Edith Stone | Judy Green | Lisa Kugler | Kristine Songster |
| In Honor of Dr. Ellen Berman | David Berman | | |
| In Honor of Karen Gagnier | The Tuesday Yogis at Bryn Mawr Presbyterian Church | | |
| In Honor of Judy Green | Anonymous | | |
| In Honor of Dr. Steve Siegel | Anonymous (2) | | |
| In Honor of Ingrid Waldron | Heidi Castleman | Katie Eyer | |

General Contributions

| | | |
|----------------|----------------|---------------------------|
| Anonymous (4) | Diane Boudwind | Andrea Brooks |
| Bess Collier | Margaret Fala | Richard and Linda Garecht |
| Donald Haupt | Richard Kosich | Loran and Kevin Kundra |
| Lawrence Real | Edan Rhodes | George and Rande Saxe |
| Patti Strauber | Susan Weiss | |

Participate in an Online Research Survey for the University of Pennsylvania

Have you been diagnosed with a mental illness? Are you willing to spend 20 minutes taking an online research survey? Participants will be entered to win 1 of 15 \$50 electronic gift cards to either Amazon or Walmart.

Researchers at the University of Pennsylvania are seeking participants to complete an online survey about the interactions they have with the adult relative with whom they spend the most time. Help would be greatly appreciated! For more information or if you would like to take the survey please click on the link below. If you have any questions please send an email to the student investigator, Travis Labrum, at tlabrum@sp2.upenn.edu.

Survey: https://upenn.co1.qualtrics.com/SE/?SID=SV_8jhQ4M1vYh34dlp

LIHEAP Program Can Help with Heating Costs the Winter

Understanding LIHEAP is as easy as 1-2-3:

1. **LIHEAP Cash:** Pays at least **\$100** to help with a heating bill. This includes bills for electricity, gas, water, oil, propane, kerosene, or other fuel types.

NEW FOR 2015-16: \$70 Supplemental Grant for "Vulnerable Households" defined as "a household containing at least one member who is elderly (age 60 or over), disabled, or age 5 and under" at the time the LIHEAP Cash application is submitted.

2. **LIHEAP Crisis:** Pays up to **\$500** to stop a shut-off of utility service, to get service turned back on, or to get fuel if a household is out of fuel or about to run out of fuel.

3. **LIHEAP Crisis Weatherization:** Help for home-heating emergency: broken furnace, broken windows, frozen pipes, little or no insulation, cracks or other damage to roofs.

For more information and to download LIHEAP Applications in English and Spanish, go to:

<http://www.dhs.state.pa.us/foradults/heatingassistanceliheap/index.htm>

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:

- Check** _____ \$35 Individual/ Family membership _____ \$3-\$34 For those with limited income
_____ Additional donation is especially appreciated – Thank you! \$ _____

We will be acknowledging 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.

- Credit Card** _____ \$35 Individual/ Family membership _____ \$3 For those with limited income
(If you are using a credit card and would like to make a donation in addition to your membership dues, unfortunately that will need to be a separate transaction; please go to <http://namipamainline.org/donate/>.)

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.