



Main Line NAMI Newsletter – January, 2017

Table of Contents
Main Line NAMI President's Message – page 1
NAMI PA, Main Line Activities – pages 1-3
Other Local Information/Support Events – pages 3-4
Memorial Service for Carol Caruso – page 4
News You Can Use – pages 4-5
Early and First Episode Psychosis – page 5
Mobile App for Benefits – page 6
Success for Mental Health Reform – page 6
NAMI Facilitator Trainings – pages 6-7
LIHEAP Applications – page 7
November and December Donors – page 7
Membership Form – page 8

President's Message

We encourage you to register for Family-to-Family, a free program which provides education and support for family members of a person who has a serious mental illness. (See below for additional information.)

- Family-to-Family in Devon/Wayne will begin on Tuesday, January 17 and meet once a week for 12 consecutive weeks, from 7-9:30 p.m.
Family-to-Family in Wynnewood will begin in February or March (date to be announced) and will meet once a week for 12 consecutive weeks from 7-9.30 p.m. at the Lankenau Medical Center.

The Bryn Mawr Family Member Support Group will meet Monday January 9 (one week later than normal due to holiday) at 7.00 p.m. If you have a family member or loved one with mental illness and are interested in this support group, please contact Susie Vernick at 610-649-5206 for more information.

Please save the dates for our forum programs for the first half of 2017 (see pages 2-3):

- Planning for the Future of an Adult Child with Mental Illness on Sunday, January 22
Ask the Experts on Sunday, March 5
Severe Mental Illness and Recovery – First-Person Accounts by Individuals who are in Recovery and Family Members on Sunday, April 23

We are pleased to announce:

- a new support group with a special focus on parents of youth and young adults that will meet in Upper Darby
a new online resource, "Early and First-Episode Psychosis – What is it and how should it be treated?"

Best wishes for the New Year,
Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: Family-to-Family (F2F) Education Program

Note: Family-to-Family (F2F) is a course 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. F2F is offered as a community service without charge and will be offered in two locations.

- **Family-to-Family in Devon/Wayne** begins on Tuesday, **January 17**, and meets once a week for 12 consecutive weeks, from 7-9:30 p.m. at a location in Devon near Wayne. If you have questions or to register for the Devon course, please contact Sarah at 484-919-0069 or BrynMawrF2F@aol.com.
- **Family-to-Family in Wynnewood** will begin in **February or March** (date to be posted) and will meet once a week for 12 consecutive weeks from 7-9.30 p.m. at the Lankenau Medical Center. For questions or to register for F2F at Lankenau, contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.

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

Date: Meets the **first Monday of every month** at 7:00 p.m. (The next meeting will be on **January 9**.)

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: **Upper Darby NAMI Family Support Group**

Date: Meets on the **2nd Thursday of each month**, starting on Thursday **January 12** from 7-8.00 p.m.

Place: Crossroads Community Church*, 104 Heather Rd, Upper Darby, PA 19082

Note: This is a free, confidential and safe group of families helping other families with a special emphasis for parents of youth and young adults ages 26 and younger struggling with mental health and/or substance abuse challenges, but all are welcome. 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 and/or substance abuse challenges. The Upper Darby NAMI Family Support Group is co-facilitated by Michael and Jacqueline Harper. For more information, please contact Michael at michaeljosephharper@verizon.net.

Event: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (The next meeting will be on **Jan. 17**.)

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: **Planning for the Future of an Adult Child with Mental Illness** with Christy Holland, MA and Michele Leahy,MS

Date: Sunday, **January 22**, from 2-4 p.m. (snow date, January 29)

Place: Ardmore Presbyterian Church (5 W. Montgomery Ave in Ardmore; free valet parking is available across Montgomery Ave. in the Suburban Square parking lot; parking at the church is reserved for those who are less mobile)

Note: Christy Holland is Executive Director of PLAN of PA (<http://www.planofpa.org/>). Michele Leahy provides disability life planning services at M. Leahy and Associates, LLC (<http://www.leahylifeplan.com/>). They will discuss topics such as financial planning, housing, establishing independence, and transferring caregiving responsibilities. There will be ample time for questions and answers. For more information, please contact us at info@NAMIPaMainLine.org.

Event: **Ask the Experts** Judith Katz, M.D., Ellen Berman, M.D. and Michael Harper, Esq.

Date: Sunday, **March 5**, 2017 from 2-4 p.m. (snow date: March 12)

Place: Ardmore Presbyterian Church (5 W. Montgomery Ave in Ardmore; free valet parking is available across Montgomery Ave. in the Suburban Square parking lot; parking at the church is reserved for those who are less mobile)

Note: The speakers will answer your questions and will also provide brief presentations on Advance Directives, inpatient hospitalization, and how a diagnosis is made, why it is so difficult, and how it relates to which medications are effective. Dr. Katz is a third-year resident in the Department of Psychiatry, University of Pennsylvania, and Dr. Berman (<http://ellenbermanmd.com/>) is a Clinical Professor of Psychiatry at Penn. Attorney Michael Harper has extensive experience advocating on behalf of clients with mental illness (<http://michaeljharperlaw.com/attorney-profile/>). For more information, please contact us at info@NAMIPaMainLine.org.

Event: **Severe Mental Illness and Recovery – First-Person Accounts by Individuals who are in Recovery and Family Members**

Date: Sunday, **April 23**, 2-4 p.m.

Place: Ardmore Presbyterian Church (5 W. Montgomery Ave in Ardmore; free valet parking is available across Montgomery Ave. in the Suburban Square parking lot; parking at the church is reserved for those who are less mobile)

Note: The speakers will describe their lived experience with mental illness and recovery and answer your questions. Panel members in recovery live with schizophrenia and bipolar disorder. Family members will present the perspective of a mother and a husband. 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 20**, 2017

Place: Bryn Mawr

Note: We are pleased to announce that this spring we will host our third 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: **Special Program: Tools for Changing Negative Thinking into Positive**

Date: Saturday, **January 7**, from 1:00 to 2:30 p.m.

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

Note: Join New Directions Support Group for this free event where Janine Rinderle, Psy.D, will speak about tools for changing negative thinking into positive ones. Janine Rinderle, Psy.D. is a Licensed Clinical Psychologist who works at Physis Associates in Exton PA. No need to RSVP. For more info, call 215-659-2366, ext 6 or email Compass123@comcast.net.

Event: **Health Insurance Enrollment Help and Health Fair**

Date: Saturday, **January 7**, from 10:00 a.m. to 3:00 p.m.

Place: Ebenezer Baptist Church, 701 North Lime St, Lancaster

Note: The event includes free blood pressure and glucose screenings, health information, and on-the-spot health insurance enrollment. To schedule an insurance enrollment appointment, call 717-564-4930.

Event: **Navigating Mental Health Services in Montgomery County**

Date: Wednesday, **January 11**, from 7 – 8:30 p.m.

Place: 100 West Main Street, Suite 204, Lansdale, PA 19446

Note: Come learn about how to access services and navigate the mental health system in Montgomery County with a representative from our Office of Behavioral Health. We will share resources, strategies for finding what fits, and tips for advocating for yourself and loved ones. Additionally, since the mental health system is dynamic and always in need of strengthening and improvement, we'll also discuss Mental Health as system feedback. This event is free and open to the public. Please call NAMI PA Montgomery County at 215-361-7784 to RSVP by January 11.

Event: **Youth Mental Health First Aid**

Date: Thursday, **January 19**, from 8:00 a.m. to 5:00 p.m.

Place: Community Partners Center for Health & Human Services, 2506 N. Broad Street, Colmar, PA)

Note: Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://tinyurl.com/h4sq5my>.

Event: **Adult Mental Health First Aid**

Date: Saturday, **January 21**, from 9:30 a.m. to 5:30 p.m.

Place: Covenant Presbyterian Church, 310 Covenant Lane, Harleysville, PA 19438

Note: Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders,

students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://tinyurl.com/h5bum7b>.

Event: LEAP Workshop for Families and Mental Health Care Professionals

Date: **February 2-3, 2017**

Place: Riverhead, New York

Note: Dr Xavier Amador, Psychologist, Author and Founder of LEAP Institute is offering workshops for families and mental health care professionals. One and two day options are available including one on one consultations with Dr Amador. Space is limited. For more information and to register, go to: <http://leapinstitute.org/wpadmin/leap-clinical-service/>.

Event: Adult Mental Health First Aid

Date: Thursday, **February 16**, from 8:00 a.m. to 5:00 p.m.(registration 7:45 a.m.)

Place: The Annenberg Center for Medical Education, 100 East Lancaster Avenue, Wynnewood, PA

Note: Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens. Registration is free through Event Brite at <http://tinyurl.com/jbrmwvp>.

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

Date: Meets on the 2nd Tuesday of the month in Delaware County and on the 2nd Wednesday of each month in Montgomery County

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
- 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 Timothy Connors for more information at TJConnors@MagellanHealth.com.

Memorial Service for Carol Caruso

We are sad to inform you of the passing of Carol Caruso, a passionate advocate for people who live with mental illness and their family members. She has been a long time, very energetic and effective leader in NAMI locally and nationally. We will miss her.

A funeral service in memory of Carol will take place on Saturday, January 14 at 11:00 a.m. at Saints Peter & Paul Ukrainian Catholic Church (550 Hurst St., Bridgeport, PA 19405). A reception will follow at Westover Country Club (401 S Schuylkill Avenue, Norristown, PA 19403).

Donations in Carol's memory may be made to NAMI of PA Montgomery County (100 W. Main Street, Suite 204 Lansdale, PA 19446).

News You Can Use

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. For support groups sponsored by NAMI PA, Main Line, please go to <http://namipamainline.org/support/support-groups/>.

[Inpatient Hospitalization – Navigating and Understanding the Adult Inpatient Hospital System](#) will answer many of your questions about psychiatric inpatient hospitalization and provide advice that can help to make hospitalization a bridge to long-term recovery.

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>.

“How to Access Valuable Behavioral Services in PA: Consider Medical Assistance for a Child/Teen with Serious Disability” is available at <http://wp.me/P3QT8t-Nc>. This informative article describes the benefits of applying for Medical Assistance for your child or teen, including offering information on covered services and the application process.

Early and First-Episode Psychosis – What is it and how should it be treated?¹

Psychosis temporarily interferes with the brain’s ability to make out reality and causes disruptions in thoughts and perceptions. Everyone’s experience with psychosis is different. Psychosis often comes and goes in episodes. It is more common than most people think; it affects about 3 in 100 people during their lives. Early psychosis, also known as first-episode psychosis (FEP), is often frightening, confusing and distressing for the person experiencing it and difficult for his or her family to understand.

Know the Signs:

- Hearing, seeing, tasting or believing things that others don’t
- Suspiciousness or extreme uneasiness with others
- Persistent, unusual thoughts or beliefs
- Strong and inappropriate emotions or no emotions at all
- Withdrawing from family or friends
- A sudden decline in self-care
- Trouble thinking clearly or concentrating

These warning signs may signal early psychosis. If you or someone you know is experiencing these warning signs, contact a healthcare professional. Early action keeps young lives on track. Local programs for evaluation and treatment of early psychosis include:

- Penn Psychosis and Evaluation and Recovery Center at Penn Medical School (<http://www.med.upenn.edu/bbl/penn-perc.html>)
- Psychosis Education, Assessment, Care, and Empowerment at Horizon House (<http://phillypeace.org/>).

Early diagnosis and treatment provide the best hope for recovery. The most effective treatment for early psychosis is Coordinated Specialty Care (CSC). The earlier a person experiencing psychosis receives CSC, the better his or her quality of life. CSC uses a team-based approach with shared decision-making that focuses on working with individuals to reach their recovery goals. Programs that provide CSC are often called first-episode psychosis or FEP programs. These programs are available in a growing number of areas.

Key Components of CSC include:

- Case management—working with the individual to develop problem-solving skills, manage medication and coordinate services
- Family support and education—giving families information and skills to support their loved one’s treatment and recovery
- Psychotherapy—learning to focus on resiliency, managing the condition, promoting wellness and developing coping skills
- Medication management—finding the best medication at the lowest possible dose
- Supported education and employment— providing support to continue or return to school or work
- Peer support—connecting the person with others who have been through similar experiences.

Research shows that CSC is cost effective, and that clients feel that the CSC treatment is helping them. Researchers also found that CSC is more effective than usual treatment approaches, and that CSC is most effective when the client has a shorter duration of untreated psychosis,

A mother’s experience and advocacy for CSC is summarized in “Building a Movement for Better Early Psychosis Care” (http://www.nami.org/Blogs/NAMI-Blog/November-2016/Building-a-Movement-for-Better-Early-Psychosis-Car?utm_source=naminow&utm_medium=email&utm_campaign=naminow).

¹ Much of this information is excerpted from <http://www.nami.org/getattachment/Learn-More/Mental-Health-Conditions/Early-Psychosis-and-Psychosis/NAMI-Early-Psychosis.pdf> and <https://www.nimh.nih.gov/health/topics/schizophrenia/raise/what-is-raise.shtml>.

GO-TIME and Department of Human Services Launch a Mobile App for Benefits

Harrisburg, PA – Governor Wolf's Office of Transformation, Innovation, Management and Efficiency (GO-TIME) and the Department of Human Services (DHS) have launched a mobile app for Pennsylvanians who have applied for or receive assistance benefits called myCOMPASS PA.

The mobile app allows individuals to make changes and monitor their benefits from the comfort of their own home, and will allow employees to focus on individuals in need as opposed to administrative processing."

myCOMPASS PA will allow individuals to take photos of necessary documents and upload them directly to their case files through a secure, safe environment.

Other key features include:

- Users will be able to view benefits details after logging in to their myCOMPASS account;
- Individuals can view their processing status of their applications; and
- Update case-related information such as address, phone number, email address, and voter registration.

The mobile application is now available for download on the Apple and Google Play app stores for use on iPhones and Android smartphones. Prior to utilizing app functions, individuals must apply for benefits through DHS' COMPASS website or by visiting their local county assistance office.

For an informational video on the myCOMPASS app please [click here](#).

For more information on myCOMPASS PA, [click here](#).

Success for Mental Health Reform

After more than three years of advocating on behalf of mental health reform at the local, state and federal level, the hard-fought battle is over. Mental health reform is finally a reality! The Senate has passed H.R. 34 as part of the 21st Century Cures Act, with a 94-5 vote on Dec. 7. The bill incorporates many measures and funding to help Americans with mental illness get the care they need. NAMI has compiled a summary of key mental health and criminal justice provision which can be viewed here: <http://bit.ly/2gDP7ku>.

NAMI Facilitator Training Opportunities

There are a few NAMI Signature Program statewide trainings scheduled this winter. Please see the training schedule listed below and let us know if you are interested in taking one of the upcoming trainings by contacting Kristine at Kristine@NAMIpaMainLine.org or 267-251-6240.

Event: Family-to-Family Teacher Training

Date: February 17-19, 2017

Place: Pittsburgh, PA

Note: Are you a family member who is interested in learning how to co-teach the 12-week Family-to-Family education program? This is an opportunity to give back by providing this course to other families in need. **Qualifications:** You must be a family member of individual who has a mental health diagnosis and are a graduate of the Family-to-Family course. Applications are due no later than January 26. Download an application at <http://www.namiswpa.org/wp-content/uploads/2014/12/F2F-application-2017-1.pdf>.

Event: NAMI Connections Facilitator Training

Date: February 17-18, 2017

Place: Lansdale, PA

Note: [NAMI Connection Recovery Support Group Program](#) is a peer-based, mutual support group model. The vision is that every person in this country who lives with a mental illness will have, within reasonable driving distance, a NAMI Connection Recovery Support Group to attend. NAMI Connection Facilitators are individuals living with a mental health diagnosis and are at a point in recovery where they want to "give back" to others. Facilitators will attend a 2-day training designed

to help them develop the skills they need to facilitate a NAMI Connection Recovery Support Group. The deadline for application is January 30. Download a Facilitator Training Application at <http://www.namiswa.org/wp-content/uploads/2014/12/CNFaApplication2017.pdf>.

Event: Family-to-Family Teacher Training

Date: March 3-5, 2017

Place: Harrisburg, PA

Note: Are you a family member who is interested in learning how to co-teach the 12-week Family-to-Family education program? This is an opportunity to give back by providing this course to other families in need. **Qualifications:** You must be a family member of individual who has a mental health diagnosis and are a graduate of the Family-to-Family course. Applications are due no later than February 15. Download an application at <http://www.namiswa.org/wp-content/uploads/2014/12/F2F-application-HB2017.pdf>.

LIHEAP Accepting Applications

Pennsylvania's Low-Income Home Energy Assistance Program, known as LIHEAP, is now accepting applications for the 2016-2017 heating season. LIHEAP helps low-income Pennsylvanians pay their heating bills and deal with such heating emergencies as a broken furnace, fuel shortage or utility service shutoff. For an application, go to: <http://bit.ly/2gm1QLh> and scroll down to select LIHEAP.

Thank You to our Generous Donors

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. In addition to donating directly to our affiliate, we also accept donations through your workplace United Way campaign (code 214).

We are grateful for the following donations received in September and October, 2016.

Tributes

In Memory of Alexis Ariano
Terry Ariano

In Memory of Adam Scott Friemark
Darlyne Bailey

In Memory of Nina Masters
Judy Green

In Memory of Jane Stauffer
Anonymous

General Contributions

Anonymous (26)

Barbara and Edward Scolnick
Family Fund of the Philadelphia
Foundation

Darlyne Bailey

Ellen Berman

Diane Boudwin

Andrea Brooks

Bess Collier

Craig DeLarge

Vinay Deshmukh

Amanda Falivene-Rocco

Sarah Freudberg

Jeanne Garrity

Michael Harper

Donald Haupt

Robert & Nancy Helfman

Loran Kundra

Evan Linnett

Claudia McBride

Marian Sandmaier

George and Rande Saxe

Kate Smith

Kristine Songster

Kimberly Wilson

Ingrid Waldron

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.