



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
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Main Line NAMI Newsletter – January, 2018

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President's Message

We encourage you to register for [Family-to-Family](#), a program offered to the community without charge that provides education and support for family members of a person who has a serious mental illness. **Family-to-Family** at the **Lankenau Medical Center** in **Wynnewood** will begin on **Tuesday, February 27** and will meet once a week for 12 consecutive weeks from 7-9:30 p.m. For questions or to register, contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.

We invite you to participate in one of our [family member support groups](#):

- **Bryn Mawr Family Member Support Group** will meet Monday, **January 8** (one week later than normal due to holiday) and Monday, **February 5** at 7:00 p.m.
- **Havertown NAMI Family Support Group** will meet Tuesday, **January 16** and Tuesday, **February 20**, from 7-8:30 p.m.
- **Parent Peer Support Group** for parents with a middle or high school child who is challenged with mental health symptoms will meet Wednesday nights, 6:45-8:15 p.m.

Please save the date for our workshop, “**Learning to Deal with Guilt, Grief and Anger**”, led by Sarah Freudberg and Bruce Fay, on Sunday, **April 15**, 2-4 p.m.

Best wishes for the New Year,
 Ingrid Waldron, President

NAMI PA, Main Line Activities

Event: **Family-to-Family Education Program**

Date: Begins on **Tuesday, February 27** and will meet once a week for 12 consecutive weeks from 7-9:30 p.m.

Place: Lankenau Medical Center in Wynnewood

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. *Registration is required.* For more information and to register, please contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.

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

Date: Usually meets the **first Monday of every month** at 7:00 p.m. (Next meeting on **January 8**.)

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: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (Next meeting on **January 16**.)

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.

Event: Main Line NAMI Workshop, “**Learning to Deal with Guilt, Grief and Anger**”, led by Sarah Freudberg and Bruce Fay

Date: Sunday, **April 15 and**, 2-4 p.m.

Place: Ardmore Presbyterian Church (5 West Montgomery Avenue in Ardmore)

Note: We will have a brief membership meeting before the workshop begins. A complete description of this workshop will be available on our website in the coming weeks at www.NAMIPaMainLine.org.

*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: **NAMI PA, Delaware County General Meeting and Presentation on Social Security**

Date: Wednesday, **January 3**, at 7:00 p.m.

Place: First Presbyterian Church of Lansdowne in Irwin Hall, Greenwood & Lansdowne Aves., in Lansdowne, PA

Note: NAMI PA, Delaware County’s general meeting for January welcomes members, potential members, and guests. There will be a presentation on Social Security (applying & work incentives). Please note that meetings may be canceled only due to inclement weather with or without notice. For more information, please contact NAMI PA, Delaware County at 610-623-0071 or namipadelco@verizon.net.

Event: **Breaking Stigma: Mental Illness & Addiction**

Date: Wednesday **January 10**, 7-8:30 p.m.

Place: 100 W. Main Street, Suite 204 in Lansdale, PA 19446 (NAMI Montgomery County’s Office)

Note: Join NAMI Montgomery County to learn about mental illness, substance use, and the stigmas associated with these topics. The meeting will feature Dr. Patrick McElwaine, Supervisor at the Beck Institute for Cognitive Therapy and Assistant Professor at Holy Family University. Dr. McElwaine brings his experience and knowledge to answer your questions and share the impacts that mental illness and substance use have on individuals. Light refreshments will be provided. This event is free and open to the public; however an RSVP is requested by January 8. Please call 215-361- 7784 to RSVP.

Event: **NAMI Montgomery County’s Youth Day of Service**

Date: Monday, **January 15**, from 9 a.m.-noon

Place: 100 West Main Street, Suite 204, Lansdale, PA 19446 (NAMI Montgomery County’s Office)

Note: NAMI Montgomery Affiliate has organized their first Youth Day of Service to celebrate the life of Dr. Martin Luther King, Jr. Youth, ages 10-14, are invited to take part in spreading NAMI goodness through mission driven activities. A lite lunch will be served. Certificates of service hours will be available. Space is limited! Don’t delay in reserving your youth’s spot! Call 215-261-7784 to register.

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.

News You Can Use

As we begin a new year, we offer an expanded selection of resources to help individuals with mental illness and their family members. For additional helpful information, please see <https://namipamainline.org/info-resources/advice-coping-with-smi/>.

For tips on how to communicate with your loved one who has a mental illness, please go to <https://namipamainline.org/communicating-with-a-loved-one-who-has-a-mental-illness/>.

It isn't always easy to know whether someone's behaviors might be a sign of mental illness. Each illness has its own symptoms, but there are common signs of mental illness in adults and adolescents at <https://www.nami.org/Learn-More/Know-the-Warning-Signs>.

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>.

For information about support groups for family members and for individuals living with mental illness in Chester, Delaware, Montgomery and Philadelphia Counties, see Support Groups by County in Southeastern Pennsylvania page (available at <http://bit.ly/1xV2rlm>). For support groups sponsored by NAMI PA, Main Line, please go to <http://namipamainline.org/support/support-groups/>.

Dual diagnosis refers to co-occurring mental health and substance abuse disorders. For information about Dual Diagnosis support groups and treatment facilities in the Philadelphia area, go to <https://namipamainline.org/dual-diagnosis/>.

A warm line is a source for confidential, non-crisis support. A help line provides information about resources and help with problem-solving. Information about Southeastern Pennsylvania county warm lines and help lines can be found at <http://namipamainline.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>.

Many individuals with severe mental illness will find it necessary, or at least helpful, to apply for some publicly supported services, such as disability income from the Social Security Administration, Medicaid and/or Medicare health insurance, and/or community mental health services provided by each county, including case management which can provide access to housing and many other service. For more information about how to apply for these services, see <https://namipamainline.org/info-resources/how-to-get-services/>.

"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.

For information about national, Pennsylvania and greater-Philadelphia-area resources to help transition-aged youth (ages 16-24) who are living with mental health needs, as well as their family members, go to <https://namipamainline.org/resources-for-transition-age-youth-with-mental-illness/>.

Psychiatric medications are an important part of treatment for many people who live with a mental illness. They can improve symptoms and help promote recovery and wellness, but the price for medication can often be an obstacle. Click below for resources that can help you reduce the cost of prescription medications. <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Getting-Help-Paying-for-Medications>

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.

Unfortunately, many individuals with mental illness have encounters with the criminal justice system. To help these individuals and those who support them, we have compiled resources on preventing arrest, criminal justice system procedures and advice relating to individuals with mental illness, and resources for people in the Philadelphia area at <http://namipamainline.org/info-resources/criminal-justice-resources/>.

Main Line NAMI on the Move – Stepping Out for Mental Health Awareness October 2018

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.

Steps to Better Physical Health for People with Mental Illness and for All of Us

General Strategy

- Identify one or two specific behavioral changes that you want to make and can incorporate in your life for the long term.
- Continue these behaviors, and identify and adopt one or two additional specific behavioral changes.
- Adopt these behavioral changes for several weeks — > success!

Choose goals that fit your individual circumstances and personality.

For example, choose physical activity that you will enjoy (e.g. walking with a friend or moving to music) and fits in your daily routine (e.g. walk up stairs instead of taking elevator or escalator).

Caution: Do not reward physical activity with food.

Make changes in your eating habits that you can sustain long-term.

Plan what you will eat.

- Healthy foods: vegetables, fruits, whole grains, low-fat dairy and meat, fish
- Unhealthy foods: high in sugars, fats or salt
- Smaller portion sizes — easier with foods that take time to chew and have low-calorie density, served ahead of time on small plate

To help you stick to your plan:

- Change your environment (e.g. no junk food in your home).
- Eat only at kitchen or dining room table, not in front of TV.
- Use a food diary to identify triggers for overeating and plan incompatible actions.
- If you slip up, don't give up; just resume your original plan.

For more specific listings of resources for physical activity, nutrition and weight control, smoking cessation, etc., please go to <https://namipamainline.org/steps-to-better-physical-health-for-people-with-mental-illness-and-for-all-of-us-advice-and-resources/>.

Additional information can be found at <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Taking-Care-of-Your-Body>.

Philadelphia Leisure Activities and You summarizes the importance of leisure activity for people with mental illness and provides a helpful guide to free to low-cost opportunities available in Philadelphia. This booklet is intended to encourage readers to get involved with their leisure interests and start living their best life today. An active leisure lifestyle can enhance physical health and mental strength. This resource shows what is available within the community and the many low cost and free leisure activities accessible in Philadelphia. Going through this manual, the reader is given an opportunity to consider their personal leisure interests and take the first step towards having an active leisure lifestyle, ultimately leading to an overall improved quality of life.

http://tucollaborative.org/sdm_downloads/ican-play-leisure-manual/

Books and Movies about Mental Illness and Mental Health

NAMI PA, Main Line has compiled a comprehensive list of books related to mental health issues for children and teens. The list is organized into several categories such as books for children and teens about their own psychological issues or about parents with mental health and/or substance abuse issues, books for a child who has a sibling with mental health challenges, and books for parents of children with mental health challenges. For more information, go to <https://namipamainline.org/mental-health-books-for-children-and-teens-and-their-parents/>.

NAMI National has compiled a list of books that give insight into mental illness and give hope to those in recovery at <https://www.nami.org/Blogs/NAMI-Blog/December-2015/Whats-New-on-the-NAMI-Bookshelf>.

Books can play a role in mental illness recovery. One blogger suggests several books that have inspired and helped him; see <https://www.nami.org/Blogs/NAMI-Blog/November-2016/Living-Better-through-Bibliotherapy>.

It's becoming increasingly common for Hollywood to highlight mental health conditions in films. NAMI has compiled a listing of movies that realistically show what it's like to experience mental illness at <https://www.nami.org/Blogs/NAMI-Blog/December-2017/The-Best-Movies-About-Mental-Health>.

Registration Open for NAMI Keystone PA's Annual Conference: Champions of Mental Wellness: Fighting Stigma and Stereotypes in the System and Society

Early-bird registration is open for NAMI Keystone Pennsylvania's annual Mental Health and Wellness Conference, **Champions of Mental Wellness: Fighting Stigma and Stereotypes in the System and Society**. The conference will take place on **March 12-13** at the Best Western Premier/The Central Hotel and Conference Center in Harrisburg (800 East Park Drive in Harrisburg, PA 17111).

Individuals with mental illness face an uphill battle every day. A complicated mental health system. A lack of adequate services. Stigma. Yet, so many overcome these obstacles. So many find their way to recovery. And of those individuals, many of them are brave enough to share their story. NAMI Keystone Pennsylvania's two-day state conference in Harrisburg will celebrate those stories of recovery. But it will also examine barriers that make the journey to recovery that much harder, like stereotypes associated with violence, homelessness, race and culture. NAMI Keystone PA welcomes the attendance of individuals in recovery; family members and caregivers; students; mental health professionals; community leaders; and regional, county, and state government leaders.

The early bird registration rate is \$160 (effective until Friday, February 2, 2018), after February 2, the regular rate is \$185. For individuals requesting Continuing Education Credits, there will be a \$30 charge added to your registration. Certificates of Attendance are available upon request. The deadline to register is Friday, March 2. For additional information, please go to <http://www.namiswpa.org/state-conference-2018/>.

Call for Workshop Presenters for NAMI Keystone PA's Annual Child and Adolescent Mental Health Conference

NAMI Keystone Pennsylvania's Annual Child and Adolescent Mental Health Conference will take place on Friday, **June 8, 2018** at the Pittsburgh Airport Marriott. This day-long event unifies families, caregivers, and behavioral health professionals who will discuss best practices and new discoveries in youth mental wellness.

The deadline for workshop submissions is **Thursday, January 18, 2018**. Only applications that are submitted on time, complete, and include all required documents will be reviewed. The online workshop presenter application is available at <https://keystonepa.typeform.com/to/sez7o3>.

If accepted, presenter(s) will receive free conference registration, which includes lunch. Presenter(s) is/are responsible for all travel-related expenses, including transportation and hotel accommodations. NAMI Keystone Pennsylvania will arrange for a room block at the Pittsburgh Airport Marriott that will include a discounted rate.

Two keynote speakers, Ross W. Greene, Ph.D. and Dior Vargas, bring different backgrounds, perspectives, and methods to a similar mission: crossing boundaries and overcoming obstacles to improve behavioral health care.

Ross W. Greene, Ph.D. is a clinical psychologist who believes that adults and children must work together to reduce challenging behaviors. Dr. Greene's experience working with families spans more than three decades and is recognized around the world. He is also a New York Times bestselling author of the books, *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*. Dr. Greene is the originator of the model of care described in those books, called Collaborative & Proactive Solutions (CPS).

Dior Vargas is a Latina feminist mental health activist who works to remove the stigma of mental illness in the Latino community. Ms. Vargas is the creator of the People of Color and Mental Illness Photo Project, which is a response to the invisibility of people of color in the media representation of mental illness. She is also the recipient of numerous awards including being named a White House Champion of Change for Disability Advocacy Across Generations.

For more information, please contact Susan Caban, Director of Education, at scaban@namikeystonepa.org or 412-366-3788.

Share Your Story about Mental Health Parity to Help Influence Legislators about the Mental Health Parity Law

The Pennsylvania Mental Health (MH) Parity Coalition, a small but active group of advocates from across Pennsylvania, convened to promote compliance with the MH Parity Act in offering insurance coverage of mental health and substance disorder benefits which are comparable or at parity with physical health benefits, met in May 2017.

It was agreed that there is a need to **collect "stories" from folks who have faced discrimination in cases of seeking insurance coverage for their mental health and substance use services.** This inequity can be quantitative in nature with limited numbers of sessions versus those in the Physical Health arena. However, the most insidious and frequent are the non-quantifiable limitations, such as having to fail using a lower cost medication or service before being eligible for the medication or service that the physician orders.

If you have had an experience of this nature, please submit your story without any individuals' identifying information to **Lloyd Wertz** at lwertz@pmhcc.org. Your stories are appreciated as the Pennsylvania Mental Health Parity Coalition continues to advocate for improved and equal services for our persons with mental health or substance use disorders. Please call 267-414-4870 with any questions.

You can also submit your stories to The Kennedy Forum, a national organization that hopes to collect enough cases to press state legislatures into taking action, at <https://parityregistry.org/complaint/>.

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 for the following donations received in November and December, 2017.

We are grateful for the following donations received in November and December, 2017.

Tributes

In Memory of Gregory Burton	Anonymous
In Honor of Dr. Irene Hurford	Claudia McBride and Ken Sklar
In Honor of Ingrid Waldron	Katie Eyer

General Contributions

Anonymous (8)	Diane Boudwin	Andrea Brooks
Margaret and William Buffington	Fran Greenberg	Frances Guerrero
Donald Haupt	Christopher and Denise Hay	Peter Johnson
Loran Kundra	Edie Mannion	Ashley Reimer

Rande Saxe
Diane Tuppeny
Rea York

Marian Sandmaier and Dan Sipe
Ingrid Waldron

Kristine Songster
Susan Weiss

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.