



NAMI PA, Main Line
 Affiliated with National Alliance on Mental Illness
www.NAMIpaMainLine.org
info@NAMIpaMainLine.org
 267-251-6240

Main Line NAMI Newsletter – March, 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.

Please save the dates for:

- [“Learning to Deal with Guilt, Grief and Anger”](#), a workshop led by Sarah Freudberg and Bruce Fay, on Sunday, **April 15**, 2-4 p.m., at Ardmore Presbyterian Church (see below)
- [“Benefit Concert for NAMI PA, Main Line”](#), featuring Chichester High School’s Music Department and multiple partnering schools on Friday, **April 27**, 7 p.m., at Chichester High School (see page 3)
- [“Just Talk About It”](#), presented by [Minding Your Mind](#) and [NAMI, PA Main Line](#) for youth, parents and other caring adults on Sunday, **May 6**, 6-8:30 p.m., at Wayne Presbyterian Church (see below)

We have completely revised [Specific Diagnoses and Conditions](#), which now has multiple links to helpful information about symptoms, diagnosis, treatment and coping strategies for seventeen major mental health conditions. (see page 4)

Ingrid Waldron, President

NAMI PA, Main Line Activities

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

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

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

Note: Workshop topics will include recognizing family grief when a loved one becomes mentally ill; learning to accept and move through guilt, grief and anger; and learning to accept your loved one with all the changes that mental illness may bring. This workshop will include presentations by facilitators, Bruce Fay and Sarah Freudberg, discussion, and a group exercise to help participants deal with their guilt, grief and/or anger. Bruce Fay and Sarah Freudberg are facilitators of NAMI’s Family-to-Family Education Program and each has a loved one with mental illness. We will have a brief membership meeting before the workshop begins.

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 adolescents, teens 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. Updated information will be available at <https://namipamainline.org/events/> in the upcoming months.

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

Date: Usually meets the **first Monday of every month** at 7:00 p.m. (Next meeting on **March 5.**)

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 **March 20.**)

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, **February 28** at 6:30pm

Place: Hill Top Preparatory School, [737 S Ithan Ave Rosemont, PA 19010](#)

Note: For more information, please contact Pat Bergmaier, CFP, ChSNC at pbergmaier@1847financial.com or 215-317-4143.

Event: **NAMI's Ask the Expert Webinar, Cover Up: Understanding Self-Harm**

Date: Thursday, **March 1**, from 3:30-5:00 p.m.

Place: Online Webinar

Note: Delivered on International Self-Injury Awareness Day, this session will provide those who engage in self-harm, family members, and medical professionals with a unique insight into this issue, and evidence-based techniques that can be used to provide support and to reduce and eliminate self-harming behavior. Presenter Senator Joan Freeman is a psychologist from Ireland who has been a psychotherapist and founder and CEO of Pieta House (The Suicide and Self-Harm Crisis Centers). She is currently an Irish Senator, founder and CEO of Solace House (Suicide Prevention Center) in New York, and is the author of the best-selling book 'Cover-up: Understanding Self-Harm'. Following the presentation, we will have questions and comments from experts and NAMI's Medical Director Dr. Ken Duckworth, who will facilitate the interactive Q&A session between our presenter, our panelists, and our audience. Registration space is limited and expected to fill quickly! To register, click: <https://communique.adobeconnect.com/asktheexpert/event/registration.html>.

Event: Workshop on **Women's Mental Health Across the Life Course through a Sex-Gender Lens**

Date: Wednesday, **March 7**, from 8:30 a.m.-5:00 p.m.

Place: Webcast

Note: The goal of this workshop is to discuss crucial issues in women's mental health and important future directions for research, policy attention, and programmatic intervention. Drawing on recent developments in social demography, social epidemiology, public health, sociology, economics and related fields, workshop participants will explore future directions that have significant promise and are expected to have major influences on research and interventions. A rapporteur will produce a brief proceedings of the workshop consistent with institutional guidelines. For more information, go to http://sites.nationalacademies.org/DBASSE/CPOP/Womens_Mental_Health/index.htm. To register for the webcast, go to <http://sqiz.mobi/s3/fc59af9974d3>.

Event: **Champions of Mental Wellness: Fighting Stigma and Stereotypes in the System and Society**
Date: **March 12-13**
Place: Best Western Premier/The Central Hotel and Conference Center in Harrisburg (800 East Park Drive in Harrisburg, PA 17111)
Note: 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 deadline to register is Friday, **March 2**. For more information, please go to <http://www.namiswpa.org/state-conference-2018/>.

Event: **Pennsylvania Peer Support Coalition (PaPSC) Conference:**
Date: Friday, **April 6**, from 8:30 a.m.– 4:00 p.m.
Place: Ramada Inn, 1450 South Altherton Street, State College, PA 16801
Note: The Pennsylvania Peer Support Coalition will host its first annual conference this spring with the theme: "Coming Together: Creating a Culture of CommUNITY". There will be two keynote speakers and several workshops to choose from. For more information, please go to <http://papeersupportcoalition.org/2018-conference/>.

Event: **Benefit Concert for NAMI PA, Main Line**
Date: Friday, **April 27**, 7 p.m.
Place: Chichester High School
Note: The Chichester High School Tri-M Music Honor Society is hosting a benefit concert for the National Alliance on Mental Illness to help raise awareness about mental illness and support all those who suffer from it. Admission is any donation of your choosing, and merchandise and refreshments will be available for purchase. Enjoy live entertainment from Chichester High School's Music Department and multiple partnering schools, and join us in taking the stage to break the stigma!

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.

Support Groups

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/>.

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.

Information about Specific Diagnoses and Conditions

We have compiled links to information about symptoms, diagnosis, treatment and coping strategies for the following mental health conditions:

[ADHD \(Attention Deficit Hyperactivity Disorder\)](#)

[Anxiety Disorders](#)

[Autism](#)

[Bipolar Disorder](#)

[Borderline Personality Disorder](#)

[Depression](#)

[Dissociative Disorders](#)

[Dual Diagnosis](#)

[Eating Disorders](#)

[Oppositional Defiant Disorder \(ODD\)](#)

[Obsessive Compulsive Disorder \(OCD\)](#)

[Postpartum Depression](#)

[Post-Traumatic Stress Disorder](#)

[Psychosis](#)

[Schizoaffective Disorder](#)

[Schizophrenia](#)

[Seasonal Affective Disorder \(SAD\)](#)

Bridging the Gap: A Bond Between Species

By Danielle Sulpizio

The importance of human/canine bonds has been documented throughout history. Research on this topic has highlighted the significance of these vital bonds. The research shows that this relationship can improve health and wellbeing. The point of this article is to identify the impact that canine companions have on those who suffer from mental illness. Initially, I will refer to relevant research to support the magnitude of human/canine relationships. Then I will share my own personal story about my relationship with my pet, Bishop. Lastly, I believe that through my experience, strength and hope, I can serve as a catalyst to implement similar relationships within the NAMI community.

“One of the strongest areas of research evidence correlates pet ownership with positive physiological measures, such as lower blood pressure, serum triglycerides, and cholesterol levels. In fact, the presence of a pet was found to be more effective than that of a spouse or friend in ameliorating the cardiovascular effects of stress”. [1] There are countless other research findings that demonstrate the overall health benefits that pets impart. The physical and mental health benefits are numerous; from increasing neurochemicals associated with relaxation and bonding to improving immune system function. The interactions with pets alter the tendency of those with mental illness to focus negatively on themselves. For instance, those with schizophrenia had less apathy, a better quality of life, and increased motivation. [2]

Those with mental illness sometimes fear judgement and criticism and isolate themselves as a result of those apprehensions. One of the greatest gifts that pets can give to their owners is unconditional acceptance and non-judgement. “A pet bond could be a lifeline for those who were especially vulnerable.” [3]

The findings are very clear that dogs “have complex thinking and feelings and have acute sensory perception.” [4] When the person is feeling vulnerable, despondent, and dispirited, others may be uncomfortable or not know how to relate. Bonds with dogs can help to stabilize mood and diffuse anxiety. They can generate a sense of comfort, affection and security. It has been my personal experience that a dog can meet many core psychosocial needs and enrich our lives.

“Bonds with companion animals may not be for our whole lives, but they can make our lives whole.” [4] I have depression, anxiety and ADD. My relationship with my dog, Bishop has supported me mentally, emotionally, physically and spiritually. In the depths of depression when my body was in pain, and I couldn't manage to get out of the black hole, Bishop was there to support me. His support was lying next to me when I wanted to sleep, being up and about when I was up and about, and always being one step behind me. He filled a void for me. Physically there was a warm body, emotionally I didn't have to worry about being judged, mentally I could be as deep as I was and not feel like I had to be anything that I wasn't. I was allowed to just be.

When I wanted to sleep, he slept with me. When I wanted to play, he played with me. When I went out to the store, he went with me. No matter where I was, emotionally, mentally, physically he knew **HOW** to be with me, which made me ok.

Bishop was a confidant, he was a best friend, he was my conscience. He gave me the ability to get up when I needed it. No matter how horrible I felt, and disappointed I was with myself, or anxious about not being able to get something done, his ability to make me feel ok was tremendous.

When I needed my spirits lifted, he lifted them. When I needed to eat, he was always there to join me, happily, and he even reminded me too. The connection that we had went far beyond a normal owner/pet companionship. It was at the deepest level of the spirit where we met and lived together. He filled holes for me that no other relationship could, because he accepted me unconditionally, all of me, everything, no matter what, when or how.

On Saturday, June 23rd, Bishop passed. His health was deteriorating, and it was only a matter of time, until we had to make the very hard decision about putting him to sleep and ending his pain. As my husband and I were discussing that time and place, Bishop made the decision for us. He passed in my arms. I can't put into words how much he meant to me, and how much he means to me now. There's not a day that goes by, that I don't think about him. I believe with all my being that his spirit is here now, and he will always be a part of me. Bishop gave me 11 ½ years of pure love and acceptance. Not once did I ever question his love for me. Letting go of Bishop forced me to look within and identify what it is that makes me happy. It has inspired me to share this story with others. I believe that this relationship, which has supported me mentally, emotionally, physically and spiritually can be accessed by others.

Through training and working with other dogs and humans, I have been able to tap into the human/canine bond, which has been a direct result of my own personal experience.

I am an ABC Certified Dog Trainer with 15 years of experience. In addition to working in behavior modification, reactivity, and aggression, I volunteer at animal rescue facilities to modify and transform behavior for optimum adoptability.

I am uniquely skilled to help create meaningful relationships between humans and canines within the NAMI community. Although my experience was personally powerful, it is important to understand that other variables may render that connection more challenging to create and sustain. For instance, already stressed families may find it difficult to actively participate in the long-term care of an adopted dog. Of course, there are no guarantees that the bond that I benefitted from will be experienced in the same way.

If you are interested or would like additional information, please send a message to the email address shown below.

Danielle Sulpizio
danielle@livelikebishop.com
www.livelikebishop.com

REFERENCES

- [1] Allen, Blasovich, & Mendes, (2002). Cardiovascular reactivity in the presence of pets, friends, and spouses: The truth about cats and dogs. *Psychosomatic Medicine*, 64(5),727-739.
- [2] Walsh, F., (2009). Human-Animal Bonds I: The Relational Significance of Companion Animals. *Family Process*, 466-469.
- [3] Levinson, B., (1970). Pets, Child development, and mental illness. *Journal of the American Veterinary Medicine Association*, 157(11), 1759-1766.
- [4] Walsh, F. (2009). Human-Animal Bonds II: The Role of Pets in Family Systems and Family Therapy. *Family Process*, 482

Participants Needed for Clinical Research Studies

PRA Health Sciences located in Marlton NJ/Philadelphia PA is seeking participants diagnosed with any of the following illnesses: **Addiction, Depression, ADHD, Pediatric Schizophrenia, Alzheimer's, Bipolar, Schizophrenia and Treatment Resistant Schizophrenia** for clinical research studies. You could receive compensation if you qualify for one of our studies. Please contact Lisa at [856 334-6077](tel:8563346077), help may be just around the corner.

Lisa Kugler, in memoriam

NAMI PA, Main Line mourns the passing of Lisa Kugler, who was for many years a trusted and beloved volunteer and Board member of our affiliate. Lisa contributed a great deal to our affiliate's work, including her long and excellent service as our Treasurer and her thoughtful contributions to our discussions. Her balanced and pragmatic approach helped us to resolve disagreements when they arose. Her calm voice of reason, combined with her humor and warmth, made Lisa a valued colleague and good friend. She is sorely missed. We extend our deepest sympathies to Lisa's family and her many close friends.

Remembering Lisa Kugler, a BFF (submitted by Judy Green)

Lisa died in November. She leaves behind her husband Geoff, daughter Katie and grandson Levi; she also leaves behind many friends who carry her in their hearts — me being one.

Although uncomfortable as the ovarian cancer spread throughout her body, she lived life without complaint or regret.

Lisa and I met in a Family-to-Family (F2F) class over 10 years ago. In every class there are a few who bring a calm to the emotional issues we explore — Lisa was one who did this for her class. Lisa's comments in relation to the materials we discussed were sensitive and practical and, also, thought-provoking. She often gave voice to what others were feeling but had difficulty expressing. These were qualities that exemplified Lisa in all her interactions.

That calmness, clear thinking, practicality, compassion for others and her New York bravado led me to invite Lisa to explore becoming more involved with our Main Line NAMI affiliate; and in time she joined our Board where she took on the responsibilities of treasurer, as well as becoming a devoted and effective advocate for mental health issues.

I hold Lisa close and with me always. The relationship I had with her goes to the core of being and feeling. This was a gift Lisa shared with me and others.

Trump's New Medicaid Work Requirement: Will It Affect Your Family?

Excerpted from 1847Financial's Special Needs Newsletter on February 20, 2018

In guidance released to state Medicaid agencies, the Trump administration [announced January 11](#) that it would allow states to experiment with creating work requirements for certain recipients of federal Medicaid benefits. In states adopting the guidance, some Medicaid recipients would be required to work in order to stay eligible for benefits.

The [10-page guidance document](#) specifies that the work requirements will not apply to many people with disabilities, as well as pregnant woman, minor children, the elderly and people enrolled in schools, among other subcategories.

Federal Medicaid law already distinguishes between "disabled" and "non-disabled" individuals. People who qualify for Medicaid under the former category, such as [Supplemental Security Income \(SSI\)](#) recipients and people receiving certain forms of institutional care, will be automatically exempt from any work requirements. For "non-disabled" beneficiaries, the guidance recognizes that certain individuals may nonetheless qualify as having disabilities, and thus be at least partially exempt from work requirements, under the Americans with Disabilities Act and other federal anti-discrimination laws. It also states that people will be exempt if they are "medically frail" or if they are "individuals with acute medical conditions validated by a medical professional that would prevent them from complying with the requirements."

But beyond this, the authority given to states for determining rules for who must work to retain benefits is very broad. For example, people who are not technically disabled but who are too sick to work may not be exempt from the work requirement; it's up to the state to decide.

Things are even more confusing for caregivers, who may be on Medicaid themselves because their caregiving duties forced them to quit their jobs. The guidance states that they would be exempt if caring for a "dependent," but who qualifies as a "dependent" is complicated, especially in the case of adult dependents, where restrictive income rules apply. These rules mean "that many people receiving Social Security benefits, Supplemental Security Income (SSI) or who are themselves on Medicaid may not meet the definition of a dependent," [writes](#)

[Howard Gleckman](#), a senior fellow at the Urban-Brookings Tax Policy Center. If the caregiver does qualify for an exemption, she may have to document her caregiving, as is now required in Kentucky, the first state to enact work requirements.

For people with disabilities who aren't fully exempt from the work requirements, states would have to provide reasonable modifications, such as modifications of hours or additional support services.

People subjected to the work requirements would have to complete 20 hours of work a week to maintain their Medicaid benefits, which could be satisfied by volunteer work, job training, job searching, school, or caretaking, according to the guidance document.

The decision to create the guidance document was prompted by petitions from 10 states to the Department of Health and Human Services (HHS), requesting authorization to create work requirements. Kentucky, via executive orders, enacted work requirements the day after the Trump administration released the guidance. The [Southern Poverty Law Center](#) filed a federal class-action lawsuit on January 25 on behalf of 15 Kentucky Medicaid recipients, arguing that by authorizing Kentucky's new work requirements, the HHS [exceeded the scope of its authority](#) under the federal Medicaid Act.

At least nine other states have proposed imposing a work requirement on Medicaid recipients but have not yet received federal approval: Arizona, Arkansas, Indiana, Kansas, Maine, New Hampshire, North Carolina, Utah and Wisconsin.

Other federal programs, including the [Supplemental Nutritional Assistance Program \(SNAP\)](#) and [Temporary Assistance for Needy Families \(TANF\)](#), already allow for state-level work requirements.

For an analysis of the Kentucky lawsuit's legal prospects, [click here](#)

NAMI Statement on the Parkland School Shooting

Cross-posted from NAMI National

NAMI, the National Alliance on Mental Illness, is deeply saddened by the tragic school shooting that occurred last week in Parkland, Florida. These tragedies impact our communities - our parents, our children, our school professionals, our first responders - the mental health of our whole country.

The details are still unfolding and there are still unanswered questions, but what we do know is that there were warning signs and that the shooter had received mental health treatment. As we continue the national discussion about what we can do to prevent further tragedies, we need to be willing to engage in an honest conversation about what allowed this young man to fall through the cracks, and the broader personal and societal factors that may have fueled his actions.

It is paramount for us to ensure the safety and wellbeing of our children and youth, and to remember that 1 in 5 people, potentially hundreds of students in a high school, have or will experience a mental illness. We need to be very careful that the response to these tragedies by the media and others does not discourage students from seeking help.

There are steps we can take now to educate and intervene early to break down barriers of understanding, and put an end to the stigma that often prevents people from getting the help they so desperately need:

1. Increase mental health awareness and availability of counselors in schools. Students should be encouraged to seek help for themselves or a friend. School based mental health has also proven extremely effective in engaging students who would not otherwise seek help. Some states have made significant investments in school based mental health and more needs to be done.
2. Train school staff, administrators, parents and youth, and provide the tools necessary to have conversations about the signs and symptoms of mental health conditions and where they can turn to for help. Far too often, when families are most in need, there isn't a clear pathway to getting help.
3. Develop a comprehensive response program for youth who have demonstrated behavioral issues including involving family and mental health providers. Take steps to avoid expelling and suspending students as this only exacerbates the situation.
4. Increase the ability of the mental health system to be proactive in reaching out to youth, particularly those with the most serious conditions. Young people in distress will not seek help so there needs to be mobile outreach responses that are funded and easily available. This requires sustained and expanded funding for coverage for mental health, not cuts.

Another part of the conversation that cannot be ignored is acting on common sense approaches to ending gun violence such as gun violence prevention restraining orders, which can allow for the removal of guns from people who may pose a risk of violence to themselves and others. While the relationship between mental illness and gun violence is very low, we need reasonable options, including making it possible for law enforcement to act on credible community and family concerns in circumstances where people are at high-risk.

We all want an end to these horrific acts of violence. To achieve this, we need to understand the full picture of what is really driving increased violence and take sensible steps. Only then can we find meaningful solutions to protecting our children and communities.

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 general contributions in January and February, 2018.

Anonymous (6)	Ellen Berman	Diane Boudwin	Richard Kosich
Mardys Leeper	Jeff Ostroff	Judith Price	Mimi Shapiro
Jenny Walker	Elizabeth Williams		

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/>.

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We acknowledge donations in our newsletters and on our website. If you prefer your donation to be anonymous, please check here. _____

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Name as it appears on Card: _____

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(3 digit code on the back or 4 digit code on front of card for AMEX)

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Dues and donations are income tax deductible.