



## Main Line NAMI Newsletter – September, 2018

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### President's Message

We are excited to announce our new peer-led **NAMI Connection Recovery Support Group** for adults living with mental illness. This group will begin meeting on Tuesday evening, September 18, in the Bryn Mawr area. For more information and to sign up, see page 2.

We hope you will join us for our:

- Main Line NAMI Forum, “[How to Address Substance Use Issues with a Mentally Ill Loved One](#)” on Sunday, **September 23** (see below)
- Main Line NAMI Workshop, “[When and How to Set Limits When a Loved One Has a Mental Disorder](#)” on Sunday afternoon, **October 21** (see page 2).

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

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

Ingrid Waldron, President

### NAMI PA, Main Line Activities

Event: Main Line NAMI Forum: “[How to Address Substance Use Issues with a Mentally Ill Loved One](#)”

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

Place: Ardmore Presbyterian Church (5 W. Montgomery Avenue in Ardmore, PA)

Note: The purpose of this forum is to provide education and strategies to address substance use issues with a loved one that has a preexisting mental health condition. The forum will be presented by Michael Ascher, M.D., Clinical Assistant Professor at the University of Pennsylvania and Sarah Espenshade, LCSW, CAADC, founder of Espenshade Counseling and co-founder of the Recovery Collaborative.

Event: [Main Line NAMI on the Move: Stepping Out for Mental Health Awareness](#)

Date: Saturday, **October 13**, registration and Mental Health Resource Fair beginning at 8:30 a.m., program beginning at 9:30 a.m. and walk at 10 a.m.

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

Note: This walk will raise funds to support our ongoing free services for individuals with mental illness and their families. If you are interested in participating in the planning of this event or would like additional information, please contact us at [info@NAMIPaMainLine.org](mailto:info@NAMIPaMainLine.org) or go to <http://namipamainline.dojiggy.com>.

Event: Main Line NAMI Workshop: "[When and How to Set Limits When a Loved One Has a Mental Disorder](#)"  
Date: Sunday, **October 21**, from 2-4 p.m.  
Place: Ardmore Presbyterian Church (5 W. Montgomery Avenue in Ardmore, PA)  
Note: This workshop will include advice on when and how to set limits and provide opportunities to practice these skills. Presenter Edie Mannion, LMFT (Licensed Marriage and Family Therapist), is the co-founder and manager of the Training and Education Center at Mental Health Partnerships, a private therapist and consultant specializing in serious mental health disorders, and a family member with lived experience.

Event: **Bryn Mawr Family Member Support Group**  
Date: Meets on the **first Monday of every month** at 7:00 p.m. (Please note that this group will **meet on 9/10** due to the Labor Day holiday on the first Monday.)  
Place: Bryn Mawr  
Note: For family members of people with mental illness. For more information, including location and room number, please contact the group facilitator, Diane, at 610-247-4545.

Event: **Havertown NAMI Family Support Group**  
Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m.  
Place: Presbyterian Church of Llanerch\* (211 Lansdowne Rd. in Havertown, PA 19083)\*  
Note: This is a free, confidential and safe group of families helping other families who live with mental health challenges. In this support group, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges. For more information, please contact Nora at [nora@huntjohnson.org](mailto:nora@huntjohnson.org).

Event: [NAMI Connection Recovery Support Group](#) – **New!**  
Date: Meets **weekly on Tuesday evenings** beginning on September 18  
Place: Bryn Mawr  
Note: This is a free, peer support group for adults living with mental illness, run and led by NAMI-trained facilitators. You will gain insight from hearing the challenges and successes of others in a confidential setting. By sharing your experiences, you can gain hope and you can develop relationships with a group dedicated to productive discussion. The group encourages empathy and fosters a sense of community. To sign up and for more information, including the location and time of our meetings, please contact Hannah Cooper (215) 806-6178 or Danielle Sulpizio (484) 880-0660.

Event: **Parent Peer Support Group**  
Date: Meets **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](mailto: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: **Suicide Prevention and Awareness: A Panel Discussion**  
Date: Tuesday, **September 11**, from 6:30-8:30 p.m.  
Place: The Community Center at the Fellowship House (515 Harry Street, Conshohocken, PA 19428)  
Note: Join NAMI Montgomery County's Executive Director, Abby Grosso, and other panel members for a discussion on how suicide has impacted the community and where to turn for help. For questions or more information about this event or the Montgomery County Suicide Prevention Taskforce, please contact Erin Hewitt at [ehewitt@montcopa.org](mailto:ehewitt@montcopa.org).

Event: **Storytelling Workshop: Claiming Your Prize!** presented by Creating Increased Connections  
Date: Meets on **Wednesdays, September 12 - October 10**, from 3:00-4:15 p.m.  
Place: Lansdown Library (301 Vine Street in Lansdale, PA 19446)  
Note: Do you have a story to tell? Can you identify with a challenging mental health experience? Hope is powerful! It can turn any difficult experience into something positive and encouraging. Come join the

workshop to learn how to tell your story – one that can transform you and give hope and meaning to your life and to others. To register, please contact Creating Increased Connections at 484-681-9432 or [Michael.Nelson@rhd.org](mailto:Michael.Nelson@rhd.org).

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

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

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

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

Event: **Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop** (two locations)

Date: Beginning on Thursday, **September 27**, from 7-9 p.m., and meeting for 10 weeks in Royersford, PA

Date: Beginning on Monday, **September 24**, from 7-9 p.m., and meeting for 10 weeks at Belmont Behavioral Hospital in Philadelphia, PA

Note: Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop for Families & Friends of People with Borderline Personality Disorder (BPD), Bipolar Disorder or Major Depression (often Co-occurring with Substance Use Disorders). When someone we love has a disorder that affects their mood and ability to control their emotions and impulses, life can feel like an “emotional roller coaster” with ups, downs, twists and turns that can be overwhelming, draining and sometimes scary. This workshop will help you respond, not just react, so you can get yourself and your life back under better control. You will learn key information about these 3 disorders, as well the key skills of self-care, emotion regulation, emotional validation, limit setting and crisis management. There is a fee for this course and payment plans can be arranged. Fee waived if you or your family member live in Philadelphia. For more information or to register (space is limited), call MaryCatherine Lowery at 267-507-3865 or write to [mlowery@mhphope.org](mailto:mlowery@mhphope.org).

Event: **QPR Training**

Date: Friday, **September 28**, 1-3 p.m.

Place: Surrey Services in Devon

Note: People trained in life saving techniques such as CPR and the Heimlich Maneuver help save thousands of lives each year. In a similar way, those trained in QPR learn to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Please contact Nicole to reserve your space at 610-647-9172 or [nrobinson@surreyservices.org](mailto:nrobinson@surreyservices.org).

Event: **Mental Health, the Heroin Epidemic and the Criminal Justice System: “Building Bridges...Creating Hope” A Cross Systems Approach**

Date: Friday, **October 5**, 2018

Place: Neumann University

Note: The Delaware County Criminal Justice and Juvenile Justice Advisory Boards and Neumann University will present Delaware County's Summit on *Mental Health, the Heroin Epidemic and the Criminal Justice System*. Please save the date. More information will be shared in our weekly update messages. For additional questions, please call 610-713-2376.

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

Date: Meets on the **2<sup>nd</sup> Tuesday of the month in Delaware County**, from 6:30-8 p.m. and on the **2<sup>nd</sup> 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](mailto:SPCarroll@magellanhealth.com). If you live in Montgomery County, please contact Kim Renninger at [KRenninger@MagellanHealth.com](mailto:KRenninger@MagellanHealth.com).

## Local Fall Offerings of NAMI Family-to-Family Courses

**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. NAMI PA, Montgomery County will be offering the following Family-to-Family courses this fall:

- **Family-to-Family at Hopeworx in Norristown** will begin on Monday, **September 10**, and will meet once a week for 12 consecutive weeks from 6:30 – 9:30 p.m. For more information and to register, please contact NAMI Montgomery County at [215-361-7784](tel:215-361-7784) or [office@namimontcopa.org](mailto:office@namimontcopa.org).
- **Family-to-Family at NAMI Montgomery County's Lansdale office** will begin on Tuesday, **September 11**, and will meet once a week for 12 consecutive weeks from 6:30 – 9:00 p.m. For more information and to register, please contact NAMI Montgomery County at [215-361-7784](tel:215-361-7784) or [office@namimontcopa.org](mailto:office@namimontcopa.org).
- **Family-to-Family at NAMI Philadelphia** will begin on Monday, **September 17**, and will meet once a week for 12 consecutive weeks from 6:00 – 8:30 p.m. For more information and to register, please contact NAMI Philadelphia at 267-687-4381 or [cbanes@pmhcc.org](mailto:cbanes@pmhcc.org).

NAMI PA, Delaware County and NAMI PA, Chester County also offer Family-to-Family courses. A set fall schedule has not yet been published for either organization. For more information, please contact the NAMI PA, Delaware County office at (610) 623-0071 or [namipadelco@verizon.net](mailto:namipadelco@verizon.net) or contact the NAMI PA, Chester County office at [namichesco@comcast.net](mailto:namichesco@comcast.net) or 484-947-5643.

## Peer Support: Helping Others, Healing Yourself

By Trish Richert (Excerpted from [NAMI Blog](#))

A peer support group is a regular gathering of men and women with the lived experience of mental illness. Usually once each month, these individuals come together, overseen by a trained peer support specialist or facilitator, to talk with one another about their experiences, struggles and challenges. The support group becomes an anchor for them as they recover from their illnesses and develop skills to live more effectively in their communities. A peer support group is a freeing experience, as these individuals realize "I am not alone," and hope and trust grow between them.

Most adults with mental illness aren't used to talking about their conditions in social situations. But a peer support group, possibly unlike anywhere else for the participants, is a judgment- and stigma-free zone, so they're more open to sharing. Participants also know that they're equipped to offer advice to each other and help troubleshoot problems because of their shared lived experiences. Who better to offer inspirational, candid messages than someone who's *been there*?

While men and women come to peer support groups for comfort and advice, they are often surprised to find a sense of worth through becoming a mentor to others – a feeling they might be experiencing for the first time. A person's lived experience, which might have only been seen as a burden thus far, transforms into lessons of hope and accomplishment.

To read the complete blog post, go to <https://tinyurl.com/yd5xymfj>. For more information about **our new NAMI Connection Recovery Support Group**, see page 2.

## News You Can Use

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/>.

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/>.

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/>.

## Back to School Resources

The new school year has just begun. For students, parents and teachers this can invoke a mixture of feelings from excitement, to stress and anxiety. There are resources available to help make the transition back to school successful.

- NAMI National shares information on *Ensuring Your Child is Supported at School* at <https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School>.
- NAMI National has created a useful Student Guide to Mental Health graphic at <https://www.nami.org/Find-Support/Teens-Young-Adults/Getting-the-Right-Start>.
- Mental Health First Aid discusses four tools you can use to boost mental health at school at <https://www.mentalhealthfirstaid.org/2018/08/4-tools-to-boost-your-mental-health-at-school/>.
- Mental Health America also has a Back to School Toolkit which aims to increase emotional intelligence and self-regulation through materials for parents, school personnel, and young people at <http://www.mentalhealthamerica.net/back-school>.
- NAMI Main Line has compiled information about national, Pennsylvania and greater-Philadelphia-area resources to help children, teens and young adults who are living with mental health needs, as well as their family members at <https://namipamainline.org/support/services-for-children-and-teens/> and <https://namipamainline.org/resources-for-transition-age-youth-with-mental-illness/>.

## September is Suicide Prevention Month



September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](#) of death among young people and is often the result of mental health conditions that effect people

when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues.

### Suicide Prevention Resources:

- If you or someone you know is having a mental health emergency:
  - call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) to be referred to the closest crisis center or call 911. For Spanish speakers, call 888-628-9454.
  - or call your **local crisis line**; in Southeastern PA see <https://namipamainline.org/crisis-numbers/>. These crisis lines provide access to staff who are specifically trained for dealing with mental health crises and may provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an in-person evaluation, and/or make referrals as needed.
- NAMI PA, Main Line has compiled resources for **Coping with and Preparing for a Crisis** at <https://namipamainline.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.
- **Warm Lines** offered by counties provide one-on-one support (in Southeastern PA, see <https://namipamainline.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>).
- NAMI National has helpful information about the [risk of suicide](#) and [preventing suicide](#).
- **Additional advice** is available at <https://namipamainline.org/suicide-prevention-coping-with-the-aftermath/>
- Healthy Minds with Dr. Jeffrey Borenstein has created a **video on Suicide Prevention** at <https://tinyurl.com/yanemdyo>.

## Mental Health Screening Tools

If you are wondering whether it would be advisable to seek professional help, these screening tools can help you evaluate your situation (or your child's).

- Online screening tools for Adults, Adolescents and Parents:  
<http://www.mentalhealthamerica.net/mental-health-screening-tools>
- Online screening tool for behavioral health:  
<http://screening.mentalhealthscreening.org/cityofphila>
- Online screening tools in Spanish (Pruebas de Salud Mental):  
<http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol>

## Family Members Needed for TEC Program at Delaware County Mental Health Crisis Court

The Training & Education Center (TEC) of Mental Health Partnerships will be coordinating a family support project in the Delaware County Court of Common Pleas Mental Health Crisis Court at Crozer-Chester Medical Center on Tuesday and Friday mornings.

They are seeking one family member who preferably experienced the Mental Health Court with their loved one or who appreciates the difficulties for families. These family members will be trained to support families in Delaware County Mental Health crisis court.

The following qualities are essential for this role:

- Good listener
- Warm & supportive
- Respectful of other's unique experiences
- Helpful

Family support persons will be paid a stipend and receive training from TEC.

If you are interested in exploring the possibility of becoming an advocate contact MaryCatherine Lowery 267-507-3865 or [mlowery@mhphope.org](mailto:mlowery@mhphope.org).

## How Brain Tissue Donation is Important for Researchers

Progress has been made with many medical illnesses because of tissue donation. Why can't we do the same for brain disorders? Did you know that being an organ donor does not include brain tissue? If you would like to donate your brain, you must fill out a specific form. Brain tissue is also hard to get as it can only be donated post mortem. Researchers need tissue from persons living with serious mental illness as well as other brain disorders, brains from their relatives and brains of people with no brain disorder diagnoses. Jim Hayes, President of NAMI SC and NAMI National Board Member discusses this and more on the Pete Earley blog. Go to <https://bit.ly/2uPWG00> for more information.

## Fun Things to do in with an ACCESS Card

Did you know that anyone with a PA ACCESS card can get into various attractions at a deeply discounted rate?

Having an ACCESS card makes you eligible for admission to select museums, gardens, and other cultural/historic sites for only \$2 per person for up to four people with your photo ID. The sites include Brandywine River Museum, Longwood Gardens, and Waynesborough (also known as the "General Anthony Wayne House" in Paoli) as well as the Philadelphia Museum of Art.

A complete list of participating sites is available at [www.art-reach.org/access-admission-partners](http://www.art-reach.org/access-admission-partners).

This discount program for ACCESS cardholders **is enabled by Art-Reach**, an organization that works to make the arts affordable to all. For more information, see [www.art-reach.org/what-we-do/access-admissions](http://www.art-reach.org/what-we-do/access-admissions).

Main  
Line  
NAMI  
on the  
Move

Presented by  
**NAMI PA,  
Main Line,**  
an affiliate of  
the National  
Alliance on  
Mental Illness



**5k Walk | 10.13.18**

more information at  
[namipamainline.dojiggy.com](http://namipamainline.dojiggy.com)

**Main Line NAMI on the Move** will take place on **Saturday, October 13**, beginning at **8:30 a.m. at Saint Mary’s Episcopal Church, 36 Ardmore Ave., Ardmore**. This free, family-friendly community event will feature welcoming remarks from Dr. Mike Cirigliano, medical correspondent for the Fox 29 News program “Good Day Philadelphia,” a mental health resources fair and a 5k walk (with 1k option) through downtown Ardmore. Refreshments are included. A highlight of the event will be a brief presentation by Jordan Burnham, survivor of a suicide attempt during his senior year in high school. Jordan is now a nationally-recognized mental health advocate who has addressed a Congressional briefing on Capitol Hill and was chosen as one of the “Best of Philly” for his work in public speaking and advocacy.

You can help to make this event a success by making a [tax-deductible donation](#), [registering](#) to be a walker, [organizing a Walk Team](#) of walkers and donors, [becoming a corporate sponsor](#), or [volunteering to help](#) at the walk. We hope to see you there!

**Thank you to our generous 2018 sponsors of Main Line NAMI on the Move!**

Gold Sponsors	Silver Sponsors	Bronze Sponsors	Contributing Sponsors	
The Dever Family	<a href="#">Dr. Michael Ascher, Psychiatrist</a>	<a href="#">The Greystone Program at Friends Hospital</a>	<a href="#">Assigned Counsel</a>	<a href="#">Judy Green, Family-to-Family Facilitator</a>
	Claudia McBride and Ken Sklar	<a href="#">Keystone First</a>	<a href="#">Lower Merion Counseling and Mobile Services</a>	<a href="#">Mass Mutual Financial Group, Marshall E. Brooks</a>
	<a href="#">The Mirmont Treatment Center</a>		<a href="#">McAndrews Law Offices</a>	<a href="#">Psych Choices of the Delaware Valley</a>
			<a href="#">The Haven at College</a>	<a href="#">Total Leadership</a>

Thanks to our generous sponsors, donors, and walkers, we are well on our way to our goal of raising \$35,000.

## Thank You to our Generous Donors

If you would like to make a contribution, please go to <http://namipamainline.org/donate-here/> or use the included form. A contribution is a good way to mark anniversaries, weddings and other special occasions, to show appreciation, or to express sympathy for the loss of a loved one. In addition to donating directly to our affiliate, we welcome donations through your workplace United Way campaign (code 214).

We are grateful to the following donors who made contributions in July and August, 2018.

Contributions made in memory of Stefanie Klein:  
Anonymous (2)

Contributions made in memory of Caroline Williams  
Anonymous (44)

General Contributions:  
Anonymous (5)  
Sharon Auerbach  
Bonnie Lo

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.**