



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

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President's Message

We are very grateful to everyone who contributed to the success of Main Line NAMI on the Move by volunteering, donating, walking, and raising awareness in our Main Line community and beyond. Please see pages 5-7 for more information, including Nancy Dever’s very helpful talk “**From One Parent to Another – Sharing My Experience and Lessons Learned**”.

During this holiday season, some of us need extra support. Adults living with mental illness can find support at our new peer-led **NAMI Connection Recovery Support Group** which meets on **Tuesday evenings** in the Bryn Mawr area. (This group will meet through December 18 and then resume in January.) For more information and to sign up, [click here](#). Family members can find support at one or more of these support groups:

- **Bryn Mawr Family Member Support Group**, meets the **first Monday** of every month at **7:00 p.m.** in Bryn Mawr
- **Havertown NAMI Family Support Group**, meets the **third Tuesday** of every month, **7-8:30 p.m.** in Havertown
- **Parent Peer Support Group for parents with a middle or high school child who is challenged with mental health symptoms; meets almost every Wednesday, 6:45-8:15 p.m.** in Wayne. (Due to holidays, this group will not meet on November 21 or December 26.)

For more information on these and other local support groups, see <https://namipamainline.org/support/support-groups/>.

And finally, please remember to vote this Tuesday, November 6.
 Ingrid Waldron, President
 NAMI PA, Main Line

NAMI PA, Main Line Activities

Event: Bryn Mawr Family Member Support Group

Date: Meets on the **first Monday of every month** at 7:00 p.m. (This group will **meet on 11/5, 12/3 and 1/7.**)

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.
 (Next meetings will be on 11/20 and 12/18)

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: [NAMI Connection Recovery Support Group](#)

Date: Meets **weekly on Tuesday evenings** through December 18th

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.** (Note: This group will not meet on 11/21 or 12/26)

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: **Art, Mood Disorders, and Life**

Date: Wednesday, **November 7**, at 5:30 p.m.

Place: Hurd Hall, The Johns Hopkins Hospital

Note: A conversation with Kay Jamison, Ph.D. and with filmmaker Paul Dalio inspired by the film *Touched With Fire*. More information is available at <https://bit.ly/2AB3JO4>.

Event: **NAMI's Ask the Expert Webinar: Caregiving for Adults with Mental Illness**

Date: Thursday, **November 8**, from 4 - 5:30 p.m.

Place: Online webinar

Note: The program is an overview of the challenges faced by more than 8 million Americans who care for adult relatives with mental health conditions. Families struggle to help relatives while navigating health care systems, mental health providers and community supports. Presenters will discuss barriers families encounter, review a guidebook for mental health caregivers and recommend public policy changes. Registration space is limited and expected to fill quickly! To register, go to <https://adobe.ly/2ytV8LJ>.

Event: **The Ellipses Ensemble Performance**

Dates: Saturday, **November 10**, at 1:00pm (at Sacred Heart Catholic Church, Royersford)

Sunday, **November 11**, at 7:30pm (at Ethical Society in Rittenhouse Square, Philadelphia)

Note: The Ellipses Ensemble is a chamber music ensemble devoted to raising awareness of mental health and celebrating the intersection of music, mental health, and creative storytelling. There is no charge for these concerts— donations welcomed for Prevent Suicide PA, a statewide organization whose sole aim is to prevent suicide through outreach, advocacy, education, and training.

Event: Discussion on **Raising Resilient Children Amidst Today's Societal Challenges**

Date: Thursday, November 15, at 7:00 p.m.

Place: Wayne Presbyterian Church in Wayne, PA

Note: Wayne Presbyterian Church will be hosting Brad Reedy, PhD, author of *The Journey of the Heroic Parent* for a discussion on Raising Resilient Children Amidst Today's Societal Challenges. Parents and those working with children are challenged by technology, high expectations and cultural definitions of success. Dr. Reedy will help parents learn how to shift from striving to comply with society's high expectations and obsession with over-performance to promoting the development of a healthy sense of self in our children. His message will resonate with parents of children and teens (10+ years) as well as young adults. Although Dr. Reedy's book focuses on parenting children struggling with mental health and/or addiction issues, the tenets he presents are applicable to the obstacles faced parenting any child. The event is free and open to the public. RSVP at <https://waynepres.org/resilient-children-registration-> or for more information regarding the event, go to <https://waynepres.org>.

Event: **Family and Friends Educational Support Group/Discussion about What Are Healthy Boundaries?**

Date: Thursday, **November 15**, from 10 a.m.- noon
Place: 1211 Chestnut Street, 11th Floor, Center City
Note: Mental Health Partnerships will have their Morning Family & Friends Educational Support Group (for families and friends of adults with any mental health or substance use condition), beginning with a discussion about What Are Healthy Boundaries? No fee. Registration is preferred, but not required. Contact tecinfo@mhasp.org or 267-507-3863.

Event: **Adult Daughters, Sons and Siblings Educational Support Group/ discussion about When Mood Disorders Have Psychotic Features**

Date: Tuesday, **November 20**, from 7-9 p.m.
Place: Belmont Behavioral Hospital
Note: Mental Health Partnerships will have their Adult Daughters, Sons and Siblings Educational Support Group (for adults who have/had a parent or sibling with a mental health disorder), beginning with a discussion about When Mood Disorders Have Psychotic Features. No fee. Registration is preferred, but not required. Contact tecinfo@mhphope.org or 267-507-3863.

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.

Workshop Proposals now being Accepted for “Stronger Together” Conference

The **Pennsylvania Mental Health and Wellness Conference "Stronger Together"** will be held **May 20- 21, 2019** in Harrisburg Pennsylvania. The event is organized by NAMI Keystone PA, the Mental Health Association of Pennsylvania and PA Mental Health Consumer Association and it aims to unite peers, family members, advocates and professionals for a one-of-a-kind statewide mental health event. For more information, go to: <https://bit.ly/2DSXUPy>. Workshop proposals are being accepted until November 30th, for more information, please go to <https://www.namikeystonepa.org/education/conferences/2019-pennsylvania-mental-health-and-wellness-conference/>.

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/>.

Our Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania page summarizes the **types of services available and provides information about how to find available services**. For more info, go to <http://namipamainline.org/info-resources/intro-to-services/>.

Lower Merion Counseling and Mobile Services offers services to individuals whose lives have been affected by mental illness and/or substance abuse. They have received a Certified Community Behavioral Health Clinic (CCBHC) demonstration grant which allows them to provide services for people from any county, regardless of their ability to pay. They also offer mobile services, including blended case management for children, recovery coaches who provide case management for adults, and certified peer specialists. For more information, please go to <https://www.rhd.org/lmcs/>.

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/>.

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>.

Crisis Prevention and Management for the Holidays (and year round)

Notes from our 2017 workshop presented by Ellen Berman, MD and Amanda Falivene-Rocco, LPC, CPRP

The purpose of holiday ritual is to connect us to family and community, and connect our present to our past and our future. Holidays provide a break in routine and a marker of time passing. They can be stressful because there is such a demand that everyone be happy, that the day be perfect and that we live up to the families in all the ads and pictures. The truth, of course is that no holiday is perfect, that it is difficult to deal with family issues when people are together for such a short period of time, and that it is hard to be happy when a family member is ill or in pain.

The following recommendations are suggestions to make the days easier and prevent crises. Happy and sad moments will come and go. Being together is enough; it doesn't have to be perfect.

No Holiday is Perfect: Lower Your Expectations and Keep Your Hopes

Inclusion

- If someone in the house is very ill, should you have the gathering at your house? Restaurants or friend's houses are often helpful.
- If your house: Who comes and when?
- When family members do not want to speak with each other.
- Including the memory of family members after a death.

Prevention

- Talk ahead of time about what adjustments need to be made for an ill member; what are triggers and what is calming.
- Do other guests or family members know about the illness?
- Think through what rituals are really important. (Do not argue with an ill person about church or synagogue participation, sitting through a whole dinner, etc.)
- Major announcements (I'm gay, I'm changing my religion, I'm moving to Australia) should not be made during a family dinner.
- Keep alcohol out of the house as much as possible
- Keep the food, presents and decorations simple. Ask others to bring food or help out.
- Know and make clear what boundaries are.

Support

- Have someone assigned to check in on an ill loved one if necessary.
- Make space for alone time and private conversations.
- In general, people whose illness has derailed their life course feel embarrassed at family gatherings. Have an all-purpose answer ready to "how are you really" (to you), and "what are you doing next year" (to an ill young person).
- If it's at your house, assign people to help prepare and clean up beforehand.
- Expect moments of sadness in you and family members; don't demand happiness.

For those who would like to have a more concrete plan in place, the **Wellness Recovery Action Plan**[®] or WRAP[®], is a guided, self-designed prevention and wellness process that a person with or without mental illness can use to get well, stay well and make their life the way they want it to be.

For more information about WRAP, go to <http://mentalhealthrecovery.com/wrap-is/>.

Additional resources that can help you cope with, prepare for or prevent a crisis are available at <https://namipamainline.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.

From One Parent to Another – Sharing My Experience and Lessons Learned

By Nancy Dever, Helpful Speech from our October 13 Walk Program

In January of 2015 our family's world was rocked. Our 16-year-old, straight-A, rule following daughter began her journey struggling with paralyzing anxiety. It impacted her schooling and our family. It seemed like in an instant her world...our world was changed.

I reflected on what to share with you today and realized the details of her illness are my daughter's story to tell. What I can share with you is my perspective and I think this is best shared as a letter to parents just beginning this journey.

Dear Parents,

Although I'm sad for the reason I am reaching out to you, I am indeed glad that we became connected – because the journey you are embarking upon is truly best supported by a community. During the recovery period of our family's journey I co-founded and currently co-facilitate a peer support group for parents like you and me – and want to share with you some things I've learned as our group supported each other this past year.

Please do not let anyone define your child by his or her diagnosis. Your child is beautiful and wonderful and just happens to be diagnosed with a disease of the brain. Focus on the word disease if it helps you. A reputable doctor and medication may be considered just as it would with any other disease. A therapist is important to help your child strengthen his coping skills, just like physical therapy would be necessary after a child's knee surgery. This isn't something you, or your child, are supposed to handle by yourself.

I ask you to press pause on what you thought the next week, month or year was going to be. This will be a roller coaster...although I hope your hills and valleys aren't too steep. Thoughts of college placement exams and advanced courses will have their place once your child regains functionality. Our support group motto is "one day at a time" – and we "knock on wood" a lot when we are having good days. The journey is not straight or predictable...

Educate yourself. Go to seminars. Take NAMI's **Family-to-Family** class (wish I did that sooner). Read books. When you find a favorite book – read it again as a year later as you'll be at a different part of the journey and will learn new things the second time through.

Find a community. Seek out support from others who are struggling with similar issues. By sharing my family's struggles with some trusted friends, they connected me to others who were experiencing similar issues. I embraced walk therapy, dinner therapy, coffee therapy... as I listened to others' stories. Some stories gave me hope, others gave me pause – but they all prepared me for where the journey could take me. If you can find a support group join it – it will give you much validation, strength and encouragement.

Be that community to others... I encourage you to be as transparent as you are comfortable being, while still honoring your child's privacy. The more we share with friends and family that this is a disease of the brain, a disease that is misunderstood and can create alarming disabilities. A disease where early intervention is our best friend. As you tell your story you join the movement to reduce the stigma of mental illness – and you will in turn help others who are beginning this journey.

Realize that you can't fix your child. This is really brutal and hard to accept as a parent. You can help secure medical care and therapeutic care – but the burden is on the child with the diagnosis, and her ability to engage in her own care. The timeline and path differ from person to person. Your child needs to do his or her own work. I learned that I was trying to rescue my daughter from the depths of depression and fear – instead of sitting beside her in her pain and allowing her to lean into her anxiety. Let me say that again...I was trying to rescue my daughter from the depths of depression and fear – instead of sitting beside her in her pain and allowing her to lean into her anxiety.

This is a family affair. I wish we had started family therapy sooner. This provides a great opportunity to reconsider how you parent and care-give in order to facilitate a healthy, family atmosphere. If applicable, don't forget about your other children whether or not they live at home. This disease impacts the entire family and the entire family should be cared for during the journey and recovery.

Love unconditionally. Understand that love is often unreciprocated during this journey. Your child has enough trouble loving himself, so to show love to someone else can be challenging and complicated. At this moment he is struggling with diminishing self-esteem and increasing shame. The illness is cruel. Every nice thing you say to him will slide right off like Teflon, and even the tiniest bit of constructive criticism may stick to him like Velcro. Love them as they are often unable to love themselves.

Put on your oxygen mask first. Self-care is not selfish. This is a marathon, not a sprint – so start early in your journey. Self-care is great modeling for your child...consider exercise, personal therapy and socializing part of

this self-care. Ask for help when needed as you can't do this alone...and again, it's a great way to be a role model for your child.

Finally, do the best job you can, at that moment in time, with the information that you have. We repeat this again and again in our support group. Looking backwards takes your eyes off of the journey. Don't evaluate what you do based on what society says – trust yourself and your care-team that the GPS coordinates are correct for your journey – while at the same point accept that detours are going to happen.

I wish you the best. I'm here if you need me. This journey will go up and down, left and right, forward and backward. In the end, these detours will help make you and your child smarter and stronger.

Thank You for Making our Walk a Success!

Thank you so much for supporting [Main Line NAMI on the Move – Stepping Out for Mental Health Awareness](#) on October 13th. The event was a great success, raising more than \$46,000, twice as much as in 2017! These funds directly support and strengthen our local education programs, services, and advocacy efforts, all of which are provided at no charge.

We are very grateful to our wonderful, hard-working walk organizing committee, all of the organizations and individuals who sponsored the event, everyone who made a charitable or in-kind donation, all the people who turned out to walk, to volunteer, or to speak, and to our mental health resources providers. We are especially grateful to [Independence Blue Cross](#), our presenting sponsor, a company that for 80 years has been serving communities throughout the region and making sure that people get the quality care they need and deserve to support their physical, emotional and mental well-being.

[Dr. Mike Cirigliano](#), medical correspondent for the Fox 29 News program “Good Day Philadelphia,” was the enthusiastic MC for our event program. **Nancy Dever**, facilitator of a parent support group and NAMI Board member, offered words of wisdom from the perspective of a family on the journey of recovery, which is “neither straight nor predictable.” She was followed by [Jordan Burnham](#), who shared his powerful story of surviving 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.

The **St. Joe's Prep band** led by director Matt Schwartz struck up the “Rocky” anthem to lead the walkers onto the streets of Ardmore. Volunteers from the **Marple Newtown High School National Honor Society** cheered us on. Returning to St. Mary's Church hall people continued to check out the Mental Health Resources providers, enjoy refreshments, and take their chances on the raffle prizes, all of which were donated by local businesses.

Thank you to everyone who helped to make our walk such a success!

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

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The Dever Family

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Claudia McBride & Ken Sklar

Bronze Sponsors



Don Dwyer

Contributing Sponsors



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We thank the following businesses for contributing to our prize raffle and refreshments:

Acme, Aldar Bistro, Baby Blues BBQ, Bryn Mawr Film Institute, Bryn Mawr Running Club, Coco Thai Bistro, Focus Fitness, Giant, Hymie's Deli, Iron Hill Brewery, Kuma Sushi and Asian Fusion, Long Stems, Love From Home, Marlyn Schiff Jewelry, Marple Sports Arena, Movement Studio, Nothing Bundt Cakes, Not Your Average Joe's Kitchen and Bar, Paper Source, Pucci Manuli, Princess Nails and Spa, Rose Nails, Sangkee Asian Bistro, Swiss Farms, Tony Roni's, Trader Joe's, Tribe and Treasure, Wawa and Wynnewood Lanes.

We thank the following community partners who participated in our Mental Health Resources Fair:

- [Child and Family Focus](#)
- [Child Guidance Resource Centers](#)
- [Lower Merion Police Department](#)
- [McAndrews Law Offices](#)
- [Mental Health Partnerships](#)
- [Minding Your Mind](#)
- [Mirmont Treatment Center/Main Line Health](#)
- [NAMI PA, Main Line](#)
- [PLAN of PA](#)
- [POWER Program at Montgomery County Community College](#)
- [Psych Choices of the Delaware Valley](#)
- [The Greystone Program at Friends Hospital](#)
- [The Haven at College](#)

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 September and October, 2018.

General Contributions:

- Anonymous (1)
- Adele Breen-Franklin
- Ed Goldberg
- Philadelphia College of Osteopathic Medicine Psychiatry Club

Contributions made in Memory of Caroline Williams

- Anonymous (1)
- Miranda Redmond

For a listing of individuals who contributed to our walk, please go to <https://namipamainline.dojqgy.com>.

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

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(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.