

NAMI PA, Main Line – 2018 Accomplishments

(with a few of the appreciations we have received)

Information and Support

- Family-to-Family (F2F) education program, a 12-week program for family members of people who have mental illness that educates and supports and teaches coping skills. This year we offered two sessions of F2F, one in the winter and one in the spring.

“The Family-to-Family class was amazing! I’m appreciative of NAMI for providing it.”

“The Family-to-Family program was simply wonderful in all ways.”

“...it was very, very strange not having F2F (tonight)! It was such an important part of our lives!”

- Graduates of F2F have formed multiple informal support groups.
- Bryn Mawr Family Support Group for family members – meets monthly
- Havertown NAMI Family Support Group for family members – meets monthly
- Parent Peer Support Group – meets weekly
- NAMI Connection Recovery Support Group – This year, we have been happy to begin offering this support group for adults with mental illness. Weekly meetings have been well-attended and helpful to participants.
- Continued outreach to help families with children and adolescents with mental health concerns, including:
 - Engaged in outreach at four local events specifically for families and children
 - Awarded two grants for children and teens with mental health concerns to participate in therapeutic programs
- Summer party for people with mental illness and their families
- Information and support in response to frequent e-mail and telephone requests

“Thank you so much ... for your thorough assistance!!!”

“We greatly appreciate your efforts and your helpfulness on our behalf!”

- Main Line NAMI Forum and Workshop presentations:
 - “Dealing with Guilt, Grief and Anger”, with Bruce Fay and Sarah Freudberg
 - “How to Address Substance Use Issues with a Mentally Ill Loved One”, with Michael Ascher, M.D. and Sarah Espenshade, LCSW, CAADC
 - “When and How to Set Limits when a Loved One Has a Mental Disorder”, with Edie Mannion, LMFT

*“You were excellent! Your candor and sincerity for helping others was heart felt by all of us.
Thank you!!!”*

Community Outreach

- Twenty-six educational presentations to groups, including nursing students, medical students, physician’s assistant students, social work students, psychology students, psychiatry residents, and family therapists, community organizations, and congregations

“Thank you very much for speaking to my class yesterday. Many students I spoke with said that your personal, honest discussion was very powerful and helped them understand mental

illness.... All of your topics resonated with the students and hopefully will help them become better, more empathetic professionals.”

“Thank you all for your role in making the Beyond Stigma event happen on Sunday. I thought it was wonderful, and gained a lot by being there. I think there were a lot of great conversations happening, and I believe everyone left more educated, encouraged and empowered to speak about our mental health.”

- Information tables at community events
- "Main Line NAMI on the Move – Stepping out for Mental Health Awareness" raised awareness in our local Main Line community.
- Mental Health Resources Fair
- Our programs and responses to individual inquiries served an average of 500 people each quarter in 2018.

Electronic Outreach

- Developed new pages on our website (<http://namipamainline.org/>), including:
 - “Mental Health Resources for Older Adults”
 - “Suicide Prevention; Coping with the Aftermath”
 - “Strategies Family Members Can Use to Communicate with Mental Health Professionals (despite HIPAA)”
- Updated several of our most frequently used pages, including:
 - “Specific Diagnoses and Conditions”
 - multiple sections of our “Resource Guide”

“Your ‘Inpatient Hospitalization’ is excellent. I’d like to put it on our website.”

- Distributed and Web-published to more than 1,250 contacts:
 - Main Line NAMI bi-monthly President’s Message and Newsletter (<http://namipamainline.org/info-resources/newsletter/>)
 - Main Line NAMI Weekly Updates (<http://namipamainline.org/category/news/>)
- Daily posting of announcements of relevant events and information, news and advocacy alerts on Facebook (<https://www.facebook.com/NAMIPAMainLine>) and Twitter (<https://twitter.com/NAMIPAMainLine>), reaching nearly 2,200 individuals with each post. In addition, our posts are shared with all Pennsylvania NAMI affiliates.
- Social media awareness campaigns during Mental Health Awareness Month in May, Minority Mental Health Awareness Month in July, Suicide Awareness Month in September, and Mental Illness Awareness Week in October
- Maintained SlideShare page (<https://www.slideshare.net/NAMIPAMainLine>) and Pinterest page (<http://www.pinterest.com/namipamainline/>).
- Our website and electronic communications served about 7,000 people per month in 2018.

Advocacy

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Partnered with other local agencies to host a candidate forum for state assembly races in Montgomery County
- Helping family members find resources to advocate on behalf of their loved ones