



NAMI Main Line PA  
 Affiliated with National Alliance on Mental Illness  
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## NAMI Main Line Newsletter – March, 2019

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### President's Message

It's not too late to sign up for **Family-to-Family (F2F)**, a course structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. Family-to-Family at the **Lankenau Medical Center in Wynnewood** will begin on **Tuesday, March 5** and will meet once a week for 12 weeks from 7-9:30 p.m. For questions or to register, please contact Judy Green at [610-668-7917](tel:610-668-7917) or [F2FMainLine@aol.com](mailto:F2FMainLine@aol.com).

Please save the date for our Main Line NAMI [Interactive Workshop – Learning to Communicate with Your Mentally Ill Loved One](#), facilitated by Sarah Freudberg and Ingrid Waldron, on Sunday, **April 28, 2-4 p.m.** at Ardmore Presbyterian Church

We are happy to announce that we have successfully completed the name change and legal changes required by NAMI and Pennsylvania law. Our new name is **NAMI Main Line PA**. Once again, we thank everyone who participated in our business meeting, all the volunteers who helped to organize the meeting, and our expert panel who presented after the business meeting. We encourage you to check out our website at our new URL [www.NAMIMainLinePA.org](http://www.NAMIMainLinePA.org). Also, please note that our affiliate email address is now [info@NAMIMainLinePA.org](mailto:info@NAMIMainLinePA.org). Our phone number and mailing address remain the same.

Best wishes,  
 Ingrid Waldron, President

### NAMI PA, Main Line Activities

Event: **Family-to-Family Education Course**  
 Date: Beginning on Tuesday, **March 5**, and meeting one night per week for 12 weeks  
 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.* More information is available at <https://namimainlinepa.org/support/family-to-family-education-basics-programs/>. For questions or to register, please contact Judy Green at 610-668-7917 or [F2FMainLine@aol.com](mailto:F2FMainLine@aol.com).

Event: **Interactive Workshop – Learning to Communicate with Your Mentally Ill Loved One**, facilitated by Sarah Freudberg and Ingrid Waldron  
 Date: Sunday, **April 28, 2-4 p.m.**  
 Place: Ardmore Presbyterian Church (5 W. Montgomery Ave., Ardmore, PA, 19003)  
 Note: This workshop will help you improve your ability to communicate effectively with a loved one who may be deeply depressed, highly anxious, psychotic, and/or dealing with other symptoms of mental illness. The

workshop will include opportunities to work in small groups of workshop participants to practice skills that can contribute to better communication, as well as opportunities to share your experiences, including your difficulties and successes. The workshop will be co-facilitated by Sarah Freudberg (Family-to-Family facilitator) and Ingrid Waldron (affiliate President). For more information, please contact us at [info@NAMIMainLinePA.org](mailto:info@NAMIMainLinePA.org) or 267-251-6240.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m.

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](#)**

Date: Meets **weekly on Tuesday evenings**

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: Mental Health Partnerships' **Adult Daughters, Sons and Siblings Educational Support Group**

Date: Tuesday, **March 19**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: This group is intended for adults who have/had a parent or sibling with a mental health disorder. The group will begin with a discussion about *Ways to Improve Self-Esteem* and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Morning Family & Friends Educational Support Group**

Date: Thursday, **March 21**, from 10 a.m.-noon

Place: 1211 Chestnut Street, 11th Floor Conference Room, Center City

Note: This group is intended for families and friends of adults with any mental health or substance use condition. The group will begin with a presentation (topic to be determined), and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Educational Support Group for Families/Friends of People with Borderline Personality Disorder & Other Personality Disorders**

Date: Tuesday, **March 26**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on *Role Playing and Skillful Responses*, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Getting Off the Emotional Roller Coaster Workshop**

Date: Beginning on Thursday, **April 4**, and meeting once a week for 10 weeks from 6:30-8:30 p.m.

Place: Philadelphia

Note: This is a skill building workshop for families and friends of people with bipolar disorder, major depression or borderline personality disorder. In the workshop, you will learn about these disorders as well as the skills of self-care, validation, limit setting and crisis management. Free if you or your loved one live in Philadelphia. Fees apply if you or your loved one do not live in Philadelphia. Registration is required. Contact MaryCatherine Lowery at [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3865.

Event: Mental Health Partnerships' **Adult Daughters, Sons and Siblings Educational Support Group**

Date: Tuesday, **April 16**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: This group is intended for adults who have/had a parent or sibling with a mental health disorder. The group will begin with a discussion about *Responding Effectively to Paranoia in Others* and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Morning Family & Friends Educational Support Group**

Date: Thursday, **April 18**, from 10 a.m.-noon

Place: 1211 Chestnut Street, 11th Floor Conference Room, Center City

Note: This group is intended for families and friends of adults with any mental health or substance use condition. The group will begin with a presentation on *Introduction to Mindful Leadership* by Dr. Esther Wyss-Flamm, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Educational Support Group for Families/Friends of People with Borderline Personality Disorder & Other Personality Disorders**

Date: Tuesday, **April 23**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on the *Family Guidelines for BPD*, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

Event: Mental Health Partnerships' **Supporting an Adult Child in Moving Beyond Addiction Workshop**

Date: Beginning on Monday, **May 6**, and meeting once a week for 5 weeks from 6:30-8:30 p.m.

Place: Philadelphia

Note: This is a skill building workshop for families and friends of adult children with mental health and addiction issues. The workshop is designed to help parents feel more hopeful and effective in how they respond, while emphasizing self-care and self-regulation. Free if you or your loved one live in Philadelphia. Fees apply if you or your loved one do not live in Philadelphia. Registration is required. For more info or to register, contact MHP at [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3863.

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).

## Helpful Resources

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 expert advice on how to help individuals with mental illness, information on specific diagnoses and conditions, and recommended web resources, please go to <https://namipamainline.org/info-resources/advice-coping-with-smi/>.

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, please go to <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>. Information about resources for children and teens with mental health needs and their family members is available at <https://namimainlinepa.org/support/services-for-children-and-teens/>.

Learn more about how to obtain government services, including mental health care, health insurance and disability income, for a person with mental illness at <https://namipamainline.org/info-resources/how-to-get-services/>.

### NAMI Keystone Pennsylvania's 2019 Child and Adolescent Mental Health Conference Announced

The conference, *Critical Connections: Reaching Youth in Crisis*, will take place on Friday, **March 8, 2019**, at the Pittsburgh Airport Marriott. The event will equip attendees with the skills and strategies needed to improve outcomes for children and adolescents with mental health needs and provide a better understanding of best practices and the latest research in child and adolescent mental health. This conference is designed for parents and caregivers, behavioral health professionals, health care providers, and educators. Register at <https://bit.ly/2QNPM9h>.

The online brochure for NAMI Keystone Pennsylvania's annual Child and Adolescent Mental Health Conference has officially been released! A description of the keynote presentations and workshops, information on Continuing Education Credits, and the schedule for the day is available at <https://bit.ly/2CvLdYm>.

### Pennsylvania Mental Health and Wellness Conference "Stronger Together" Registration Opening in February

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, please go to <https://www.namikeystonepa.org/education/conferences/2019-pennsylvania-mental-health-and-wellness-conference/>.

### 2019 NAMI National Convention *Our Movement, Our Moment*

Join the nation's largest gathering of mental health advocates as we share, learn and network around important mental health issues in Seattle on **June 19-22, 2019**.

NAMI's new strategic plan will be launching at this year's convention. The convention's theme, ***Our Movement, Our Moment*** captures the power and excitement of this moment as we mobilize the NAMI movement.

More information about the convention, including registration and the call for proposals, can be found at <https://www.nami.org/convention>.

## Strategies Family Members Can Use to Communicate with Mental Health Professionals (despite HIPAA)

Prepared by Ingrid Waldron

- Seek out **family-friendly clinicians**. For advice on finding a mental health professional, see <https://namimainlinepa.org/choosing-the-right-mental-health-professional/>. For local recommendations, call Main Line NAMI at 267-251-6240.
- Try to obtain **agreement about communication** with your loved one's clinician during times when your loved one is stable. To increase your chance of success in developing an agreement with your loved one, see advice at <https://namimainlinepa.org/communicating-with-a-loved-one-who-has-a-mental-illness/>.
- You can provide **information to your loved one's clinician**, even when the clinician can't provide information to you due to HIPAA\*. Be informative, factual and concise. If possible, fax or email information to the provider for accuracy of communication. You may want to keep a document with a running history of your loved one's mental illness and treatment; you can make periodic additions while your memory is still fresh. Do not expect your loved one's clinician to help you deal with your upset; support groups (<https://namimainlinepa.org/support/>) or your own therapist, friends and family are more appropriate for this purpose.
- Summaries of **HIPAA regulations** indicate multiple circumstances when a health care professional can provide you with information about a loved one with mental illness. This is especially true if your loved one does not object or if you have legal authority to make healthcare decisions for your loved one. Even if these conditions do not apply, the health care provider can share information with you under some circumstances. For example, if you are "involved with the health care or payment for care of your family member or loved one", then a health care provider can share patient information "if you can help prevent or lessen a threat of harm to the patient or others". Summaries of HIPAA regulations are available at: <https://www.hhs.gov/sites/default/files/families-hipaa-decision-tree-adult-patients.pdf> and <https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>.

\*"HIPAA in no way prevents health care providers from listening to family members or other caregivers who may have concerns about the health and well-being of the patient, so the health care provider can factor that information into the patient's care. In the event that the patient later requests access to the health record, any information disclosed to the provider by another person who is not a health care provider that was given under a promise of confidentiality (such as that shared by a concerned family member), may be withheld from the patient if the disclosure would be reasonably likely to reveal the source of the information. 45 CFR 164.524(a)(2)(v). This exception to the patient's right of access to protected health information gives family members the ability to disclose relevant safety information with health care providers without fear of disrupting the family's relationship with the patient." (Pages 5-6 in <https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>)

### Screening of *The Public!* and Panel Discussion

Mental Health Partnerships will host an advanced screening of Emilio Estevez' new film, *The Public!* This heartwarming film explores challenges surrounding homelessness, mental health and community. The screening will be immediately followed by a panel featuring Emilio Estevez and author Ryan Dowd, moderated by David Nugent, Artistic Director of the Hamptons International Film Festival. For more information about limited sponsorships, contact [csui@mhphope.org](mailto:csui@mhphope.org). For more information about the event and tickets, please go to [https://filmadelphia.secure.force.com/ticket/#details\\_a0S2L00000PKRezUAH](https://filmadelphia.secure.force.com/ticket/#details_a0S2L00000PKRezUAH).

## 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 January and February, 2019.

General Contributions:  
 Anonymous (4)  
 Lawrence Real  
 Diane Tuppeny

Contributions made in honor of the Pomante Family:  
 Mary Sue Sparkman

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.  
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Expiration Date: \_\_\_\_\_

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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.**