



NAMI Main Line PA
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NAMI Main Line PA Newsletter – May, 2019

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President's Message

Please join us 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 having a **membership drive** during May, which is Mental Health Month. In honor of our affiliate’s 40th anniversary, we hope to increase our membership by one-quarter or more.

- If you are not yet a member, we hope you will join our affiliate (<https://namimainlinepa.org/sign-up/> or use the form on the last page of this newsletter).
- If you are already a member and receive a membership renewal notice, please do respond by renewing your membership.

Your affiliate membership will increase the effectiveness of our advocacy and help to support our free services for individuals with mental illness and their families.

Best wishes,
 Ingrid Waldron, President

NAMI Main Line PA Activities

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 or 267-251-6240.

Event: [Main Line NAMI on the Move: Stepping Up for Mental Health](#)
 Date: Saturday, **October 19**, registration and check-in beginning at 8:30 a.m.
 Place: St. Mary’s Episcopal Church* (36 Ardmore Avenue in Ardmore, PA)
 Note: Please join us for our 5th annual local awareness and fundraising walk. We are pleased to announce that we will be meeting in the same location as 2018 for registration and the pre-walk program; however, we have developed a new one lap route per feedback from last year’s participants. This event 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.

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.

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 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: **Their Story is Your Story Documentary Films & Discussion on Mental Health**

Date: Saturday, **May 4**, from 7-8:30 p.m.

Place: Haverford Area YMCA (891 North Eagle Road in Havertown, 19083)

Note: This event has been organized by the [Trent Stetler Memorial Fund](#). Join this screening and discussion about inspiring short documentary films. Join Editor in Chief of OC87 Recovery Diaries, Gabriel Nathan, and several of the film subjects for an engaging and informative evening - including a talk-back - about the power of owning, and telling, your story. This event is after-hours at the Haverford Y and is open and free to the public. For more info, go to <https://www.eventbrite.com/e/their-story-is-your-story-documentary-films-discussion-on-mental-health-tickets-60566213174?aff=ebdssbdestsearch>.

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 or 267-507-3863.

Event: **Applying for Social Security Benefits & Managing Disability Reviews**

Date: Tuesday, **May 14**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, 4200 Monument Road, Philadelphia 19131

Note: Mental Health Partnerships is sponsoring this free Q & A with Marjorie Portnoy, Esquire. Attorney Portnoy has dedicated her career to helping individuals with disabilities get and keep the benefits they need. RSVP in advance is required. Please call 267-507-3865 or email mlowery@hasp.org.

Event: **Philadelphia's 3rd Annual Conference on Hoarding Intervention: "Diving In and Digging Out"**

Date: Thursday, **May 16**, from 8:30 a.m. – 4:30 p.m.

Place: CBH, 801 Market Street 11th floor in Philadelphia, 19107

Note: This daylong conference covers seminal questions related to community approaches to handling hoarding-related situations. Hoarding disorder is a new psychiatric diagnosis that affects around 15 million people in the United States and poses a significant mental health and public safety burden to people across the country. The purpose of the conference is to inform the target audience of these critical issues facing individuals, families, and communities, and present a variety of options for ethical, effective, and sustainable approaches to treatment. For more information and to register, go to <https://www.bhten.com/session/philadelphias-3rd-annual-conference-hoarding-intervention-diving-and-digging-out>.

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

Date: Thursday, **May 16**, 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 *Overcoming What Gets in the Way of Self-Care*, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact tecinfo@mhphope.org or 267-507-3863.

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

Date: Tuesday, **May 21**, 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 *Getting Organized* and will be followed by a support group. No fee. Registration is preferred, but not required. Contact 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, **May 28**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on *Medications and Personality Disorders*, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact tecinfo@mhphope.org or 267-507-3863.

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

Date: Tuesday, **June 18**, 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 *Managing Your Inner Critic* and will be followed by a support group. No fee. Registration is preferred, but not required. Contact tecinfo@mhphope.org or 267-507-3863.

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

Date: Thursday, **June 20**, 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 *Listening to and Reinforcing Change-Talk*, and will be followed by a support group. No fee. Registration is preferred, but not required. Contact 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, **June 25**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on the *Role Playing Skillful Responses*, and will be followed by a support group. 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.

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 Main Line PA, please go to <http://namimainlinepa.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://namimainlinepa.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://namimainlinepa.org/info-resources/advice-coping-with-smi/>.

Pennsylvania Care Partnership's Mental Health Awareness Days: May 6th and May 8th

The first awareness day will be on Monday, **May 6**, from 2:30-3:30 p.m. in the Pennsylvania State Capitol Rotunda, Harrisburg. There will be a lineup of speakers including: Teresa Miller, Secretary of the Pennsylvania Department of Human Services; Val Vicari, Acting Deputy Secretary, Mental Health/Substance Abuse Services; Donnell Brown, Neighborhood Revitalization Outreach Coordinator for Tri County Community Action; Ruth Fox, CEO of Allegheny Family Network; and Kaitlyn Arrow, a 17-year-old experienced speaker.

PA Care Partnership will be among over 25 different vendors/exhibitors who will be available to talk about services available to young people (youth through the age of 26), their families, professionals and service professionals on Wednesday, **May 8**, from 9 a.m. - 1 p.m. at Strawberry Square in downtown Harrisburg.

Please contact Zack Karenchak, Policy and Program Development Coordinator of Youth MOVE PA by email zack@youthmovepa.org or phone at 717-564-4930 or contact Jamal Ford, Youth Resources Coordinator, PA CARE Partnership, by email fordj3@upmc.edu or phone at 717-480-1186 with any questions.

Pennsylvania Mental Health and Wellness Conference "Stronger Together"

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. See <https://www.nami.org/convention> for more information.

**Save the Date for our Annual Walk on Saturday, October 19, 2019
Main Line NAMI on the Move: Stepping Up for Mental Health**

Please save the date for our annual awareness and fundraising walk! We hope to build upon last year's successes and grow this year's walk even more. More information about our walk and how you can help is available on our walk website at <https://namimainlinepa.dojigvy.com>.

Main Line NAMI on the Move

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

**CELEBRATING 40 YEARS OF NAMI MAIN LINE PA
STEPPING UP FOR MENTAL HEALTH** 

5k Walk | 10.19.19



**8:30 AM – Registration | 9:30 AM – Program | 10:00 AM – 5k Walk
Saint Mary's Episcopal Church, 36 Ardmore Avenue, Ardmore, PA***

Join us for a free, family-friendly community event featuring a 5k walk (with 1 mile option), mental health resources fair, short inspirational programming, refreshments, entertainment, a raffle and more!

For more information, please visit www.NAMImainlinePA.org and click on Walk With Us

* This event is nondenominational and open to people of all beliefs.



May is Mental Health Month

During the month of May, NAMI and participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

We believe that these issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions. This May, our posts and tweets will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like, as well combating stigma. Please see below for infographics on mental health facts in America prepared by NAMI National.

Please follow our informative [Facebook](#) posts and [tweets](#) throughout the month.

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

Prevalence of Mental Illness by Diagnosis



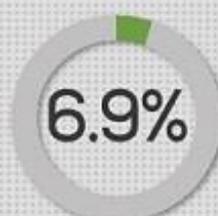
1.1%

1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6%

2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9%

6.9% (16 million) of American adults live with major depression.¹



18.1%

18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

Treatment in America



60%

Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



50%

Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.³

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

¹ This document cites statistics provided by the National Institute of Mental Health: www.nimh.nih.gov
² Statistics provided by Department of Justice
³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1998
⁴ Substance Abuse and Mental Health Services Administration

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twitter.com/NAMIcommunicate



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 March and April, 2019.

General Contributions:

- Anonymous (3)
- Audrey S. Knewstub Foundation
- Travis Cos
- Main Line Unitarian Church
- Radnor Township School District

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.