



NAMI Main Line PA
Affiliated with National Alliance on Mental Illness
www.NAMIMainLinePA.org
info@NAMIMainLinePA.org
267-251-6240

NAMI Main Line PA Newsletter – July, 2019

Table of Contents

President's Message – page 1	Prescription Drug Assistance – page 4
NAMI Main Line PA Activities – pages 1-2	July is Minority Mental Health Month – pages 4-5
Other Local Activities and Events – pages 2-3	Main Line NAMI on the Move Walk – pages 5-6
Helpful Resources – page 3	Donor Thank You – page 7
Advocacy Successes – pages 3-4	Membership Form – page 7

President's Message

Please save the date for our **Annual Summer Party on Sunday, August 4, 4-6 p.m.** at a Merion location. This get together will give you a chance to meet others who may share similar experiences, as well as Board members and officers of our affiliate. The food will be “potluck”, e.g. salads, cheese, rolls, and desserts. If you are unable to bring anything to share, that is okay, but please do RSVP for the party by August 2 so that we can make sure to have enough food. To register and let us know what you will bring, please go to <https://www.signupgenius.com/go/10C0B49A8AE29A2FA7-annual>. We will provide the address of the summer party after you register.

Also, please save the date for our fifth annual walk on **Saturday morning, October 19** in Ardmore. For more information and to sign up for the walk or solicit sponsorships, please go to <https://namimainlinepa.org/main-line-nami-on-the-move/>.

Best wishes,
Ingrid Waldron, President
NAMI Main Line PA

NAMI Main Line PA Activities

Event: **NAMI PA, Main Line's Annual Summer Party and Potluck**

Date: Sunday, **August 4**, from 4-6 p.m.

Place: At a Merion location

Note: Please join us for our annual party and potluck where you can meet others who may share similar experiences as well as Board members and officers of our affiliate. If you are unable to bring anything to share, that is okay, but we ask that you RSVP for the party by August 2 so that we can make sure to have enough food. You can register and let us know what you will bring at <https://www.signupgenius.com/go/10c0b49a8ae29a2fa7-annual>. Address provided upon registration.

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 help light a path to services and resources available for individuals with mental illness and their family members in addition to raising 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@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.

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. NAMI Connection will meet **weekly on Tuesday evenings** in Bryn Mawr. **This group will take a break for the summer after the meeting on July 9, 2019. Meetings will resume on September 10, 2019.** For more information on the location and time of our meetings, please contact Danielle Sulpizio (484) 880-0660.

Event: **Parent Peer Support Group**
Date: Meets on the **2nd and 4th Wednesdays in the summer from 6:15-7:45 p.m. until school resumes in September**
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: Mental Health Partnerships' **Adult Daughters, Sons and Siblings Educational Support Group**
Date: Tuesdays, **July 16 and August 20**, 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 *Your Stages of Change for Your Top Self-Care Goals* in July and *Self-Care Goals: What's Working and What's Not* in August 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: Thursdays, **July 18 and August 15**, 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 *The Dilemmas of Allowing Natural Consequences* in July and a discussion of the Inquirer article, *Towards a New Black Motherhood* in August, 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: Tuesdays, **July 23 and August 27**, from 7-9 p.m.
Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on *Tips for Responding to “Emergency” Calls and Texts* in July and *Coping Tips* in August, 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: **NAMI Homefront Program** (online)

Date: Tuesdays, August 6 - September 10, from 10:00 a.m. - 12:00 p.m.

Place: Online

Note: **NAMI Homefront** is a free, 6-session program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions. The program is designed to help family members understand and support their Service Member/Veteran while maintaining their own well-being. NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member/ Veteran. The class is free but you are expected to attend all six sessions. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be telephone, a headset or headphones with mic are recommended. Pre-registration is required and space is limited. For more information about the program, please go to <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront>. All participants are screened to ensure this program is appropriate for their needs. To register, please go to <https://www.research.net/r/homefrontonline>.

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. For support groups sponsored by NAMI Main Line PA, please go to <http://namimainlinepa.org/support/support-groups/>.

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/>.

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/>.

For information about how to access comprehensive behavioral health services for your child or teen with a serious disability, please go to <http://tinyurl.com/BHSinPA>.

Advocacy Successes

*Cross-posted from Mental Health America

Mental Health America (MHA) created the Back Home Campaign Advocacy Update to summarize federal and state mental health news and activities. An excerpt from this week's update which highlights three federal advocacy successes is included below.

A major milestone for parity, the Senate Health Committee included the [Mental Health Parity Compliance Act](#), sponsored by MHA Legislative Champions Senators Bill Cassidy (LA) and Chris Murphy (CT), as part of the [Lower Health Care Costs Act](#). The Lower Health Care Costs Act is [largely bipartisan legislation to slow cost growth](#) and is on track to be enacted in the coming weeks. The parity provision will now require transparency and accountability in insurers' coverage decisions, including how non-quantitative treatment

limitations (NQTLs) are designed and applied to mental health and substance use services in comparison to physical health services.

MHA is excited to report that in May the [Centers for Medicare and Medicaid \(CMS\)](#) published a final rule outlining the Medicare Part D Prescription Drug Benefit guidance [excluding any proposed changes](#) to the 'six protected classes' of drugs, including antidepressants, antipsychotics, and anticonvulsants. Thank you to everyone for your help getting the message to Congress and the Administration that loosening protections on these critical classes of prescriptions would certainly harm people with mental and substance use conditions who rely on them as part of their recovery!

MHA eagerly awaits Medicaid's forthcoming announcement of \$16 million in funding for up to eight (8) states each, to assist adoption of a new payment concept for coordinating systems to identify and treat children's mental health conditions. For more information about the Integrated Care for Kids (InCK) Model, and to see if your state won results will likely be posted at: <https://innovation.cms.gov>.

Resources for Prescription Drug Assistance

Psychiatric medications are an important part of treatment for many people who live with a mental illness; however, many medications are cost prohibitive. NAMI has compiled a list of resources that can help. See below for a partial listing of those resources. The complete list can be found at <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Getting-Help-Paying-for-Medications>.

- [GoodRx](#) allows you to compare drug prices from pharmacies in your area, including big pharmacy chains, local pharmacies and mail order companies and print coupons to reduce costs.
- [NeedyMeds](#) helps people of all ages, with and without insurance, locate Patient Assistance Programs, free/low cost clinics, state programs and offers a free NeedyMeds Drug Discount Card. For more information, please call their helpline at 800-503-6897.
- [Partnership for Prescription Assistance](#) helps qualifying people without prescription drug coverage get the medication they need for free or nearly free. They offer access to public and private programs, including pharmaceutical company programs.
- [RxAssist](#) helps individuals find information about free and low cost medication programs and other ways to manage your medication cost through their online Patient Assistance Program Center. They also provide a prescription discount card that patients may be able to use even if they have health insurance coverage.
- [RxHope](#) provides program descriptions and downloadable applications for prescription assistance programs for specific medications.
- [PatientAssistance.com](#) is a nonprofit site that offers money-saving offers such as printable coupons and a searchable database of available patient assistance programs.
- If you take the brand name version of a medication, the pharmaceutical company that makes that drug may offer payment assistance. Pharmaceutical companies and contact information are listed at <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Getting-Help-Paying-for-Medications>.

July is National Minority Mental Health Month

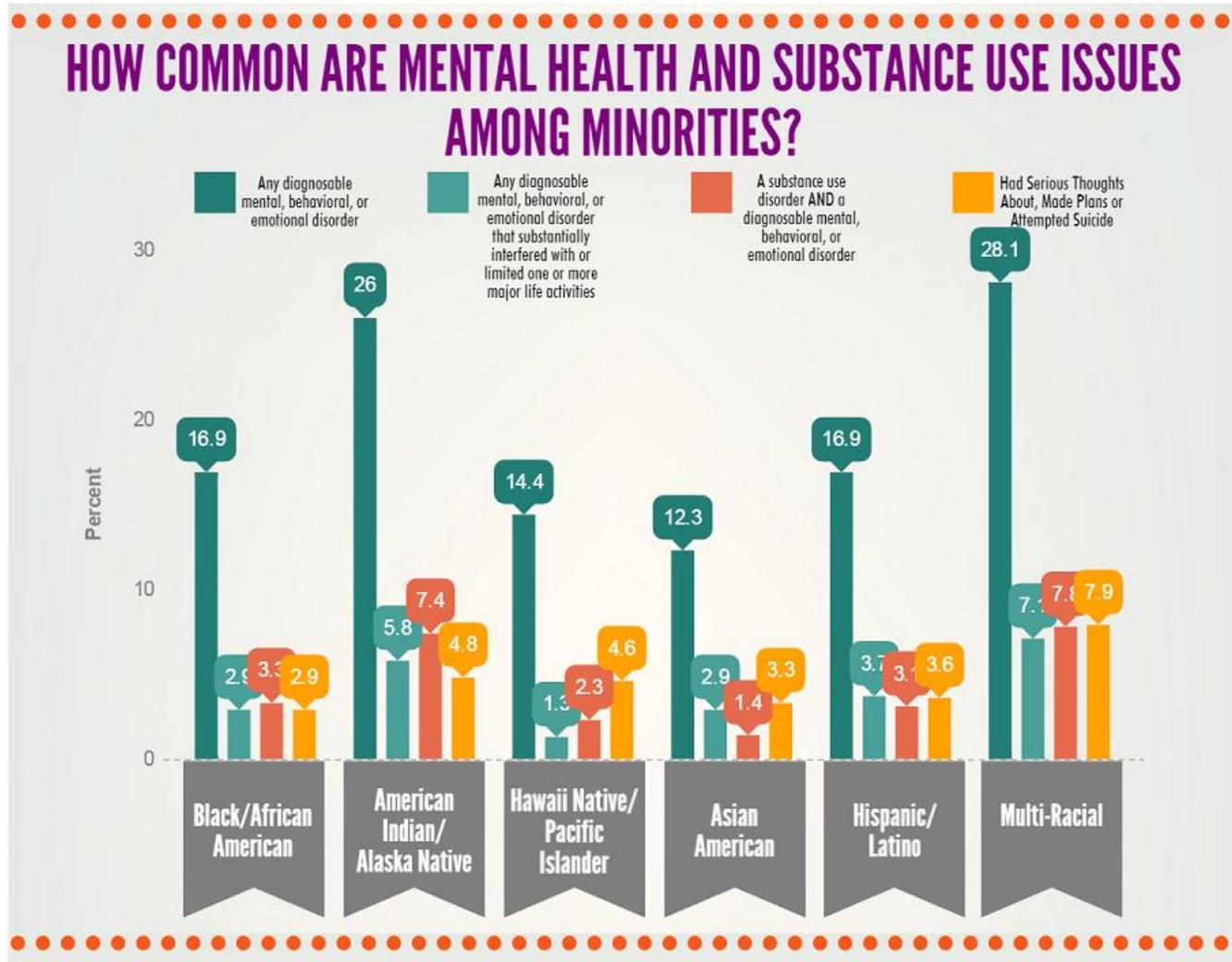
The U.S. Surgeon General reports that minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to and availability of mental health services and often receive a poorer quality of mental health care. Furthermore, mental illness is a leading cause of disability, yet nearly two-thirds of people with a diagnosable mental illness do not seek treatment, and racial and ethnic groups in the U.S. are even less likely to get help. In 2008, the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

Please see the following resources for more information about Minority Mental Health Month:

- For more information about minority mental health awareness resources, go to <https://www.nami.org/minoritymentalhealth>
- Diverse communities often face stigma and misinformation that prevents them from receiving mental health care. For more info, go to www.nami.org/Find-Support/Diverse-Communities
- For helpful tips on finding a culturally competent provider, go to <http://bit.ly/2j6oolA>
- A faith-based African-American perspective on mental illness is available at <http://bit.ly/1FVl4Qm>
- A great infographic from NAMI on Multicultural Mental Health Facts can be found at <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

- Stories highlighting cultural perspectives and experiences in mental health are available at <http://bit.ly/2gXZMif>
- [Watch the new three-part docuseries](#), *Strength Over Silence: Stories of Courage, Culture and Community*. NAMI explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

The partial infographic from Mental Health America below has some quick facts about mental health and mental illness within minority populations. The full infographic can be found at <http://www.mentalhealthamerica.net/conditions/infographic-minority-mental-health>.



Main Line NAMI on the Move: Stepping Up for Mental Health on October 19, 2019 Walk Registration is Live – Register Today!

This year's walk will be a family-friendly community event featuring a short inspirational program, a Mental Health Resources Fair, and refreshments and entertainment. We hope you will help us make the walk a success.

Here's how you can be involved:

- **Spread the word!** [Post the flyer](#), like us on [Facebook](#) and/or [sign up](#) for our email list.
- **Join us for the Walk!** Form a walk team or just come to learn more about mental health resources and enjoy food and entertainment at this great community event.
- **Become a sponsor**, make a [financial contribution](#) or [donate an item for our raffle!](#)

You can find all of the information on our walk website at NAMIMainLinePA.dojiggy.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.



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 May and June, 2019.

General Contributions:

Anonymous (5)
 Diane Boudwin
 Bess Collier
 Rachel Hall
 Bart Harrison
 Linda Hasert
 Lisa Horning
 Anita and Wayne Roberts
 Matt Torell

In Memory of Carolyn Picone:

Anonymous (1)

In Honor of Julia Redmond:

Miranda Redmond

In Memory of Frances and Bernard White:

Carolyn White

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.