



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 – September, 2019

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President's Message

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. **F2F at the Lankenau Medical Center** will begin Wednesday, **September 18**, and will meet once a week for 12 consecutive weeks from 7-9:30 p.m. For questions or to register, please contact Judy Green at 610-668-7917 or F2FMainLine@aol.com. *Registration is required.*

Please join us on **Saturday** morning, **October 19** for our annual walk, **Main Line NAMI on the Move – Stepping Up for Mental Health**. You can help to make this event a success by:

- making a [tax-deductible donation](#)
- [registering](#) to be a walker
- encouraging friends, family and acquaintances to donate, even if you will not be a walker
- [organizing a Walk Team](#) of walkers and donors
- [becoming a corporate sponsor](#)

Please save the date for our Interactive Workshop, **Supporting Your Loved One on the Road to Mental Health Recovery – What Helps, What Hurts**, on Sunday, **November 10**, 2-4 p.m. at Ardmore Presbyterian Church.

Our **support groups** will resume their regular meeting schedules in September. Our Parent Peer Support Group will begin meeting weekly on Wednesday evenings on September 4 and our NAMI Connection Group will begin meeting weekly on Tuesday evenings on September 10 (see page 2 for more info).

For **more information** about our events and support groups, please see below and pages 2-3.

Ingrid Waldron, President

NAMI Main Line PA Activities

Event: **Family-to-Family Education Program**

Date: Begins on Wednesday, **September 18**, and meets once per week from 7-9:30 p.m. for 12 weeks

Place: The Lankenau Medical Center

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.** For questions or to register, please contact Judy Green at 610-668-7917 or F2FMainLine@aol.com.

Event: **Coping With Mental Illness for Family Members**

Date: Tuesday, **October 15**, from 7-8 p.m.

Place: Haverford High School, Room 202 (200 Mill Road in Havertown, 19083)
Note: Please join us as our affiliate president, Ingrid Waldron, will describe our free services for individuals with mental illness and their family members. We will discuss the Family-to-Family education program, our support groups, and helpful information we have compiled on mental illness, treatments, how to get services for a person with mental illness, and advice on coping with the many challenges that arise when a loved one has a serious mental illness. This event is free, but registration is required through the Haverford Adult School. You can register online at www.haverfordadultschool.org, by phone (610-853-5919) or in person, Monday-Friday from 10:30 a.m.-1:30 p.m. at Haverford Township Adult School office in the Oakmont Administration Building (50 E. Eagle Road in Havertown, 19083). Please register for course #303.

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. Additional information is provided on pages 6-7.

Event: **Mental Health Panel** Presentation
Date: Sunday, **October 20**, 2:00 p.m.
Place: Upper Merion Library (175 West Valley Forge Road in King of Prussia, 19406)
Note: Please join NAMI Main Line PA for an education presentation with first-person accounts by people in recovery from struggles with mental illness and family members sharing what it is like to care for or live with someone with mental illness at Upper Merion Library. Upper Merion Library will open registration for this event on September 20. You will be able to register online at <https://bit.ly/34a3aHF>.

Event: Main Line NAMI Workshop: "[Supporting Your Loved One on the Road to Mental Health Recovery – What Helps, What Hurts](#)"
Date: Sunday, **November 10** from 2-4 p.m.
Place: Ardmore Presbyterian Church* (5 W. Montgomery Ave. in Ardmore)
Note: This interactive workshop will be facilitated by 3 NAMI Board Members: a clinician, a person living with mental illness, and a parent caregiver. These facilitators will share perspectives and insights from their professional experience and the support groups that they facilitate. Through interactive exercises, participants will help each other improve behavior, boundaries and communications skills with a loved one who may be deeply depressed, highly anxious, psychotic, and/or dealing with other symptoms of mental illness. Registration not required.

Event: **Bryn Mawr Family Member Support Group**
Date: Typically meets on the **first Monday of every month** at 7:00 p.m.
(**Please note:** Our September meeting will be on **Sept. 9** due to the Labor Day holiday)
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: Will meet **weekly on Tuesday evenings** beginning on Tuesday, September 10th
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. For more information on the location and time of our meetings, please contact Danielle Sulpizio at (484) 880-0660 or Ed Kane at (484) 744-0860.

Event: **Parent Peer Support Group**

Date: Will meet weekly on **Wednesday evenings 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 school through young adult child who is challenged with mental health symptoms. This non-denominational group is facilitated by Nancy Dever and Debbie Gillespie. Please contact Nancy Dever at psadfacilitator@gmail.com or text 610-574-3319 to set up a time to talk.

*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: **Suicide Prevention and Awareness: A Panel Discussion**

Date: Tuesday, **September 10**, from 6:30-8:30 p.m.

Place: Greater Plymouth Community Center, Plymouth Room A and B (2910 Jolly Rd. in Plymouth Meeting)

Note: Join your Montgomery County neighbors to learn how suicide has impacted our community, and discover where to turn for help. Panelists include Jordan Burnham, survivor, Rep. Mike Schlossberg, PA House of Representatives 132nd District, Loice Swisher, Emergency Medicine Physician, and more. All are welcome. RSVP not required.

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

Date: Tuesdays, **September 17 and October 15**, from 7-9 p.m. Sept. 17th: Oct. 15th: Planning for the Future

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 *How the Changing Seasons Can Affect Us* in September and *Planning for the Future* in October 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: Meets on the **third Thursday of the month**, 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 speakers on topics of interest 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, **September 24 and October 22**, from 7-9 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on topics of interest 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: **Special Needs Planning for Your Loved One with a Disability: Government Benefits, Estate Planning & Funding Strategies**

Date: Thursday, **September 19**, from 6:00-8:00 p.m.

Place: ABA2Day (3744 West Chester Pike in Newtown Square, PA 19073)

Note: Families with children and other dependents with special needs, no matter what the age or disability, face many serious questions about how to best prepare for the future well-being of their loved ones. It is important to be aware of how special needs financial and estate planning is different than traditional financial and estate planning. Our goal is to make sure attendees learn the importance of integrating all the necessary pieces into one cohesive plan, so the vision they have for their child's life can become a reality, whether they are here or not. Topics include: Basic Estate Planning Documents, Special Needs Trusts (SNTs), Guardianship vs Powers of Attorney, ABLE Accounts, "3 Person Retirement", Tax

Planning Considerations, Funding Strategies for a SNT, among others! For more info, please contact Pat Bergmaier from 1847Financial at 215-317-4143 or pbergmaier@1847financial.com.

Event: Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop

Date: Beginning on Thursday, **October 3**, from 6:30-8:30 p.m., and meeting for 10 weeks

Place: Belmont Behavioral Hospital in Philadelphia, PA.

Note: Getting Off the Emotional Roller Coaster: 10-Week Skill Building Workshop for Families & Friends of People with Borderline Personality Disorder (BPD), Bipolar Disorder or Major Depression (often Co-occurring with Substance Use Disorders). When someone we love has a disorder that affects their mood and ability to control their emotions and impulses, life can feel like an “emotional roller coaster” with ups, downs, twists and turns that can be overwhelming, draining and sometimes scary. This workshop will help you respond, not just react, so you can get yourself and your life back under better control. You will learn key information about these 3 disorders, as well the key skills of self-care, emotion regulation, emotional validation, limit setting and crisis management. There is a fee for this course and payment plans can be arranged. Fee waived if you or your family member live in Philadelphia. For more information or to register (space is limited), call Edie Mannion at 267-507-3863 or write to TECinfo@mhphope.org or you can also visit www.mentalhealthpartnerships.org/tec/.

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/>.

Local Fall Offerings of NAMI Family-to-Family Courses

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.

NAMI Family-to-Family not only provides information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies

- The impact of mental health conditions on the entire family

[Click here](#) for more info.

Local NAMI affiliates will be offering the following Family-to-Family courses this fall:

- NAMI Chester County will offer Family-to-Family beginning on Tuesday, **September 3**, from 7-9:30 p.m. at the Peer Recovery Center, located at 825 Paoli Pike in **West Chester**. For more information and to register, please send an email to namichesco@comcast.net.
- NAMI Philadelphia will offer Family-to-Family beginning on Monday, **September 16**, from 6-8:30 p.m. at the NAMI Philadelphia Affiliate Office, 520 N. Delaware Avenue, 7th Floor in **Philadelphia**, PA 19123. For more information and to register, call 215-687-4381 or visit <https://www.namiphilly.org/education-and-programs.html>.
- NAMI Montgomery County will offer Family-to-Family beginning on Tuesday, **September 17**, from 6:30-8:30 p.m. at the NAMI Montgomery County Office (100 W Main St, Ste 204, **Lansdale**, 19446). Advance registration is required. Please contact Elaina Borchelt, Administrative Coordinator at 215-361-7784 or eborchelt@namimontcopa.org to register.
- NAMI Main Line will offer Family-to-Family beginning on Wednesday, **September 18**, from 7-9:30 p.m. at the Lankenau Medical Center in **Wynnewood**. Advance registration is required. Please contact Judy Green for more information and to register at 610-668-7917 or F2FMainLine@aol.com.
- NAMI Montgomery County will offer Family-to-Family beginning on Thursday, **September 19**, from 9:30-11:30 a.m. at the NAMI Montgomery County Office (100 W Main St, Ste 204, **Lansdale**, 19446). Advance registration is required. Please contact Elaina Borchelt, Administrative Coordinator at 215-361-7784 or eborchelt@namimontcopa.org to register.
- NAMI Delaware County will offer Family-to-Family beginning on Thursday, **September 19**, at the Delaware County Intermediate Unit, 200 Yale Ave., **Morton**, PA 19070. Advance registration is required. Please call or email for more information: 610-623-0071 or namipadelco@verizon.net.

Back to School Resources for Children and Teens

The new school year beginning can invoke a mixture of feelings from excitement, to stress and anxiety for students, parents and teachers. There are resources available to help make the transition back to school successful.

- Heading back to school after the summer break can be a stressful time for children and parents. Experts at John's Hopkins have put together **Tips to Ease Back to School Anxiety** at <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-tips-to-ease-backtoschool-anxiety>
- NAMI National shares information on **Ensuring Your Child is Supported at School** at <https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School>.
- NAMI National has created a useful **Student Guide to Mental Health graphic** at <https://www.nami.org/Find-Support/Teens-Young-Adults/Getting-the-Right-Start>.
- Mental Health First Aid discusses four tools you can use to **boost mental health at school** at <https://www.mentalhealthfirstaid.org/2018/08/4-tools-to-boost-your-mental-health-at-school/>.
- Mental Health America (MHA) offers the **Back to School Toolkits**, which provide resources about stress and loneliness and recognizing mental health problems in young people, tips for parents and teachers, and resources for students such as "Helpful vs. Harmful Ways to Manage Emotions", all at <http://www.mentalhealthamerica.net/back-school>.
- NAMI Main Line has compiled information about national, Pennsylvania and greater-Philadelphia-area **resources to help children, teens and young adults who are living with mental health needs**, as well as their family members at <https://namimainlinepa.org/support/services-for-children-and-teens/> and <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>.

Back to School Resources for College

Did you know that 75% of mental health conditions begin by age 24? That's why the college years are so important for understanding and talking about mental health. NAMI National has created a guide and video, "Starting the Conversation: College and Your Mental Health" (available at <https://nami.org/collegeguide>; developed in partnership with The Jed Foundation).

Students should place a priority on maintaining mental health during college. Of course, this is easier said than done. It's important to be organized and have good time management; take care of your physical health; know

your strengths and weaknesses; and to have a great support system. Read more here in the NAMI Blog: <https://www.nami.org/Blogs/NAMI-Blog/September-2017/The-Importance-of-Maintaining-Mental-Health-in-Col>.

NAMI National has also prepared resources such as disclosing your mental health condition and requesting accommodations and tips for succeeding in college at <https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>.

September is Suicide Prevention Month

September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](#) of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues.

Suicide Prevention Resources:

- If you or someone you know is having a mental health emergency:
 - call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) to be referred to the closest crisis center or call 911. For Spanish speakers, call 888-628-9454.
 - or call your **local crisis line**; in Southeastern PA see <https://namimainlinepa.org/crisis-numbers/>. These crisis lines provide access to staff who are specifically trained for dealing with mental health crises and may provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an in-person evaluation, and/or make referrals as needed.
- NAMI Main Line has compiled resources for **Coping with and Preparing for a Crisis** at <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.
- **Warm Lines** offered by counties provide one-on-one support (in Southeastern PA, see <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>).
- NAMI National has helpful information about the [risk of suicide](#) and [preventing suicide](#).
- **Additional advice** is available at <https://namimainlinepa.org/suicide-prevention-coping-with-the-aftermath/>
- Healthy Minds with Dr. Jeffrey Borenstein has created a **video on Suicide Prevention** at <https://tinyurl.com/yanemdyo>.

Mental Health Screening Tools

If you are wondering whether it would be advisable to seek professional help, these screening tools can help you evaluate your situation (or your child's).

- Online screening tools for Adults, Adolescents and Parents: <http://www.mentalhealthamerica.net/mental-health-screening-tools>
- Online screening tool for behavioral health: <http://screening.mentalhealthscreening.org/cityofphila>
- Online screening tools in Spanish (Pruebas de Salud Mental): <http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol>

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 to our affiliate, 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 July and August, 2019.

General Contributions:

Anonymous (4)
 The Benevity Community Impact fund
 Debra Copit
 ELCA Lutheran Youth Retreat Tuscarora Retreat
 Betty Ann Sapp

In Honor of Susan Weiss:

Joel Reich

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.