



NAMI Main Line PA  
 Affiliated with National Alliance on Mental Illness  
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## NAMI Main Line PA Newsletter – January, 2020

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### President's Message

Enrollment is open for **Family-to-Family** courses starting in January and February.

- [Family-to-Family in the Fishtown/Kensington neighborhood](#) will begin on Monday, **January 6**
- [Family-to-Family at the Lankenau Medical Center](#) in **Wynnewood** will begin in **mid-February**

For more information about the course and how to register see page 1.

We hope you will save the dates for our spring programs (see page 2):

- Interactive Workshop, [Balancing Compassionate Kindness with Limit Setting](#), on Sunday, **March 22**, 2-4 p.m. at Ardmore Presbyterian Church
- Interactive Forum, [Ask the Experts](#) on Sunday, **May 3**, 2-4 p.m. at Ardmore Presbyterian Church.

For more information, see page 2.

Please visit our updated website, including:

- our new page “[Mental Illnesses, Treatment, Coping & Practical Help](#)”
- [Resources for Coping with, Preparing for and Preventing a Crisis](#)
- [Support Groups by County in Southeastern Pennsylvania](#)
- [Housing Options for People Living with Mental Illness](#)

For more information, see page 4.

Ingrid Waldron, President

### NAMI Main Line PA Activities

Event: **Family-to-Family (F2F) Education Course**

Date: Beginning on Monday, **January 6** and meeting one night per week for 12 weeks

Place: **Fishtown/Kensington Neighborhood**

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 sponsored jointly by NAMI Main Line PA and NAMI Philadelphia and will be 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://namipamainline.org/support/family-to-family-education-basics-programs/>. For questions or to register, please contact NAMI Philadelphia at <https://www.namiphilly.org/education-and-programs.html> or 267-687-4381.

Event: **Family-to-Family (F2F) Education Course**

Date: Beginning in **mid-February** 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://namipamainline.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: Main Line NAMI Interactive Workshop: **Balancing Compassionate Kindness with Limit Setting**

Date: Sunday, **March 22**, from 2-4 p.m.

Place: Ardmore Presbyterian Church\* (5 W. Montgomery Ave. in Ardmore)

Note: This workshop will address a common difficulty when you have a loved one with mental illness – when to emphasize kindness and when to emphasize limit setting, and how best to combine these approaches to help your loved one and to care for your own well-being. The workshop will include opportunities to work in small groups to develop your ability to use both compassionate kindness and limit setting to enhance the well-being of you and your loved one. The workshop will be co-facilitated by Sarah Freudberg (Family-to-Family facilitator) and Ingrid Waldron (affiliate President). Registration not required.

Event: Main Line NAMI Interactive Forum: **Ask the Experts**

Date: Sunday, **May 3**, from 2-4 p.m.

Place: Ardmore Presbyterian Church\* (5 W. Montgomery Ave. in Ardmore)

Note: Our Ask the Experts panel will answer your questions about mental illness, treatments, community supports, and related topics. The panel will include psychiatrist, Dr. Larry Real, Medical Director at Horizon House and Director of the University of Pennsylvania's Community Psychiatry Fellowship program, and Kathy Laws, Program Manager of the Montgomery County Family and Youth Division for Mental Health Partnerships, where she leads the Family Mentor and Advocacy Network, as well as the Family Empowerment and Satisfaction Team. 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.

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** (This group will not meet on December 31.)

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. 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: Meets weekly on **Wednesday evenings from 6:45-8:15 p.m.** (This group will not meet on 1/1/20.)

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](mailto: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: **NAMI Connection Recovery Support Group**

Date: Meets on the **first Monday** of each month, from 6:15-7:45 p.m. (Next meeting on **January 6.**)

Place: William Jeanes Memorial Library (4051 Joshua Road, Lafayette Hill, PA 19444)

Note: NAMI Montgomery County is sponsoring this 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. For more info, call (215) 361-7784.

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

Date: Thursdays, **January 16 and February 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 discussion on *Project Transition: An Option for Residential Living* in January and *Legal Issues & Mental Health Disorders* in February, followed by a support group. No fee. Registration is preferred, but not required. Contact [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3870.

Event: **NAMI Connection Recovery Support Group**

Date: Meets on the **third Saturday** of each month, from 10-11:30 a.m. (Next meeting on **January 18.**)

Place: NAMI Montgomery County Office (100 W. Main Street, Lansdale, PA 19446)

Note: NAMI Montgomery County is sponsoring this 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. For more info, call (215) 361-7784.

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

Date: Tuesdays, **January 21 and February 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 *Making Peace with the Past & Living More in the Present* in January and *Emotion Regularion: Tips & Techniques* in February 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 267-507-3870.

Event: Mental Health Partnerships' **Evening Family, Partners, & Friends Educational Support Group**

Date: Tuesday, **January 28** from 6:30-8:30 p.m.

Place: Belmont Behavioral Hospital, Room 139

Note: The group will begin with presentation on *Transitions: A New Year & Broader Group Focus* and will be followed by a support group. No fee. Registration is preferred, but not required. Contact [sjohnston@mhphope.org](mailto:sjohnston@mhphope.org) or 267-507-3874.

Event: **NAMI Homefront**

Date: Daytime program begins on Tuesday, **January 28**; evening program begins on Wednesday, **January 29**

Place: Online

Note: NAMI Homefront, a free, 6-session educational program, is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans with mental health conditions. For more info and to register, go to <https://www.nami.org/find-support/nami-programs/nami-homefront>.

Event: **Supporting Your Son or Daughter in Moving Beyond Addiction**

Date: Beginning in **spring** and meeting once a week for 6 weeks from 6:30-8:30 p.m.

Place: TBD in Philadelphia

Note: This is a skill building workshop to help parents feel more hopeful and effective in motivating an adult son or daughter, while also taking care of themselves. The workshop is free if you or your loved one lives in Philadelphia. For those outside the city, the fee is \$180 per person. For more information and to register, please contact Mental Health Partnerships at [tecinfo@mhphope.org](mailto:tecinfo@mhphope.org) or 267-507-3870.

Event: **Alternatives to Suicide Support Group**

Date: Meets on the **2<sup>nd</sup> and 4<sup>th</sup> Monday of each month**, from 6:30-8 p.m.

Place: NAMI Bucks County Office - 1432 Easton Road, Suite 2D, Warrington, PA 18976

Note: The opportunity to talk openly about suicide and feelings of deep emotional distress with others who have or are experiencing similar struggles can be a powerful way to support people to move through those darkest places. During groups, people share their successes and their challenges, provide support for one another and strategize and share ideas for coping with difficult life circumstances. People are encouraged to come both in times of strength and challenge. Individuals need not identify as being in 'crisis' in order to attend. This is a group for people who are thinking about dying, or are trying to support someone else who is in that place. For more info, go to [www.namibuckspa.org/alternatives](http://www.namibuckspa.org/alternatives).

## New and Updated Resources for Coping with Mental Illness

We have added a new page to our website. **Mental Illness, Treatments, Coping & Practical Help** (<https://namimainlinepa.org/info-resources/mi-help/>) includes information on the following topics:

- [Helping a Loved One with Mental Illness](#)
- [Mental Health Screening Tools](#)
- [Mental Illnesses and Treatments](#)
- [Practical Help](#)
- [Youth](#)
- [Self-Care and General](#)
- [Criminal Justice](#)

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/>.

To prepare for and try to prevent a crisis, see <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>, which includes information about involuntary commitment and HIPAA and lots of additional helpful information.

## NAMI National Names New Chief Executive Officer

NAMI announced the appointment of Daniel H. Gillison, Jr as our new CEO. Please refer to the [press release](#) for the formal announcement. Dan's combination of public and private experience, his work in health and human services and the justice system, and his focus on strengthening mental health care systems in our local communities make him uniquely poised to lead NAMI into the future.

## Registration Open for NAMI Keystone Pennsylvania's Annual Child and Adolescent Mental Health Conference

NAMI Keystone Pennsylvania's annual Child and Adolescent Mental Health Conference, one of the only events in the region specializing in youth mental health, will be in Pittsburgh on Friday, **February 28**, 2020. Participants from all over the country attend this highly-focused event to learn about the newest research and best practices to assist and advance the mental health needs of young children, adolescents, and young adults.

The conference is geared toward parents and caregivers, mental health professionals, educators, and students. Highlights will include workshop sessions, exhibitor hall, continuing education credits and Act 48 credits, continental breakfast and lunch included in registration. For more information and to register, please go to <https://www.namikeystonepa.org/education/conferences/camhcon2020/>.

## Registration Open for 2020 NAMI National Convention *Together Toward Tomorrow*

Join the nation's largest gathering of mental health advocates as we share, learn and network around important mental health issues in Atlanta on **July 15-18**, 2020.

Each year, the convention connects and inspires people looking for resources, research, support services and recovery strategies. Join NAMI and embrace the theme — **Together Toward Tomorrow** — and celebrate NAMI's 40 years of support, education and advocacy.

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

## NAMI Main Line PA – 2019 Accomplishments

### Information and Support

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

*“Just knowing that other people have similar experiences means the world to me and has given me so much hope for the future. Since I started attending F2F and learning more about mental illness I have already started noticing a difference in the relationship I have with my brother. Through F2F I am learning to change my expectations and be a better sister to my brother - we're laughing together again for the first time in over a year. I am so grateful to you, NAMI and the F2F program. Thank you for all that you do.”*

*“I wanted to let you know how much I appreciate all the time that you spent preparing for and teaching/facilitating our class. This was a profoundly moving and informative experience which I know will benefit not only me but my entire family. ”*

- Graduates of Family-to-Family have formed multiple informal support groups.
- Our support groups have continued to meet regularly.
  - Bryn Mawr Family Support Group for family members – meets monthly
  - Havertown NAMI Family Support Group for family members – meets monthly
  - Parent Peer Support Group – meets weekly
  - NAMI Connection Recovery Support Group – meets weekly
- Information and support in response to frequent e-mail and telephone requests

*“Thank you for getting back to me and sharing the information you have. I appreciate it!”*

*“Thank you for sending this helpful info!”*

- Main Line NAMI Forum and Workshop presentations:
  - “Ask the Experts”, with Ellen Berman, M.D., Michael Harper, J.D. and Larry Real, M.D.
  - “Learning to Communicate with Your Mentally Ill Loved One”, with Sarah Freudberg, M.Ed. and Ingrid Waldron, Ph.D.
  - “Supporting Your Loved One on the Road to Recovery – What Helps, What Hurts”, with Nancy Dever, Amanda Falivene-Rocco, M.A., Donna Mathews, M.H.A. and Danielle Sulpizio

*“Excellent presentation. You provided great information and ways to help our loved ones but more especially ourselves.”*

*“Today was very helpful, thank you! It was most helpful to hear from \_\_\_\_\_. Even though her condition is different than my loved one's, I liked hearing her perspective on how others' actions made her feel.”*

- Summer party for people with mental illness and their families

### Community Outreach

- Forty-nine educational presentations to groups, including Lower Merion police officers, service members, high school students, nursing students, medical students, physician's assistant students, social work students, psychology students, psychiatry residents, and family therapists, community organizations, and congregations

*“Thank you so very much for sharing your stories. It is really a privilege and honor to sponsor NAMI each semester for the panel discussion. The students and I were deeply moved by your stories, your resilience, and the generosity of your sharing.”*

*“I loved hearing each and every person's recovery from mental illness. Each one gave me insight and dispelled myths and broadened my knowledge about mental illness in general.”*

- Information tables at community events

- "Main Line NAMI on the Move – Stepping out for Mental Health Awareness" and Mental Health Resources Fair raised awareness in our local Main Line community.
- Our programs and responses to individual inquiries served an average of 550 people each quarter in 2019.

### Electronic Outreach

- Developed new pages on our website (<http://namimainlinepa.org/>), including:
  - "Mental Illnesses, Treatment, Coping & Practical Help"
- Updated several of our most frequently used pages, including:
  - "Specific Diagnoses and Conditions"
  - "Support Groups" and "Support Groups by County in Southeastern PA"
  - multiple sections of our "Resource Guide"
- Distributed and Web-published to more than 1,300 contacts:
- Main Line NAMI bi-monthly President's Message and Newsletter (<http://namipamainline.org/info-resources/newsletter/>)
  - Main Line NAMI Weekly Updates (<http://namipamainline.org/category/news/>)
- Frequent posting of announcements of relevant events and information, news and advocacy alerts on Facebook (<https://www.facebook.com/NAMIPAMainLine>) and Twitter (<https://twitter.com/NAMIPAMainLine>), reaching nearly 2,200 individuals with each post.
- Created an Instagram account (<https://www.instagram.com/namimainlinepa/>) to broaden our social media outreach.
- Social media awareness campaigns during Mental Health Awareness Month in May, Minority Mental Health Awareness Month in July, Suicide Awareness Month in September, and Mental Illness Awareness Week in October
- Maintained SlideShare page (<https://www.slideshare.net/NAMIPAMainLine>) and Pinterest page (<http://www.pinterest.com/namipamainline/>).
- Our website and electronic communications served about 7,000 people per month in 2019.

### Advocacy

- Advocacy Alerts throughout the year, as national and state opportunities for advocacy arise
- Met with local legislators to discuss issues concerning mental health care access and the availability of services
- Helped family members find resources to advocate on behalf of their loved ones

## 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 November and December, 2019.

#### General Contributions:

Anonymous (4)  
 Andrea Brooks  
 Loran Kundra  
 Dan and Sonia Levy  
 Sharon Paff  
 The Scolnic Family Fund at the Philadelphia Foundation  
 William Goldman Foundation

#### Donations made in memory of Phillip H. Duffy:

Peter and Susan Altringer  
 Herberta C. Ashburn  
 Mary Anne & Frank Duffy  
 Jan and Jerry Duffy  
 Carol Wolfington

#### Donations made in memory of Robert Julian Murphy

Loran Kundra

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://namipainline.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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(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.**