

## NAMI Main Line PA – 2019 Accomplishments

*(with a few of the appreciations we have received)*

### 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