



NAMI Main Line PA
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NAMI Main Line PA Newsletter – May, 2020

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President's Message

Please join us for our Interactive Forum, **Ask the Experts** on Sunday, **May 3**, 2-4 p.m. A psychiatrist, lawyer, and community mental health advocate will answer your questions about mental illness, treatments, community supports, and related topics. **Registration is required:** <https://tinyurl.com/AskExpertsMay3>. The meeting link will be sent to you automatically after you register. We will keep your registration information strictly confidential. If you want to submit questions in advance, please email them to info@NAMIMainLinePA.org. (See additional information below.)

May is Mental Health Month. During this month we are asking all of our supporters to [join our affiliate or renew your membership](#). Your support will help us to continue to provide [online support groups and wellness chats](#), as well as our informative [website](#) and programs. (See additional information on page 5.)

Ingrid Waldron, President

NAMI Main Line PA Activities

Event: Main Line NAMI Interactive Forum: Ask the Experts

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

Place: Virtual meeting on Zoom

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, and lawyer and advocate, Michael Harper, Esq. **Registration is required** at <https://tinyurl.com/AskExpertsMay3>. The meeting link will be sent to you automatically after you register. We will keep your registration information strictly confidential. If you want, you can submit questions in advance by emailing info@NAMIMainLinePA.org. For more information, please contact us at info@NAMIPaMainLine.org or 267-251-6240.

Event: Wellness Chats

Date: Meets on **Tuesdays** and **Thursdays** from 5-6 p.m.

Place: Virtual meetings on Zoom

Note: NAMI Main Line is offering Wellness Chats – a place for anyone – to come together virtually to share how you are handling your wellness and challenges. Wellness chats will be held twice weekly as long as social distancing is required in the greater Philadelphia area. To improve security, we have changed the Zoom link; to get the new Zoom link, please register at <https://us02web.zoom.us/meeting/register/tZYsdeuvrj0sE9OGjCW6-Yc1bmhBVVshBijj>. We will keep your registration strictly confidential.

Event: **Bryn Mawr Family Member Support Group**

Date: Meets on the **first Monday of every month** at 7:00 p.m.

Place: Virtual meeting on Zoom

Note: For family members of people with mental illness. For more information, including location and room number, please contact one of the group facilitators, Diane at dmkotrl@aol.com or Cecilia at rossc10@go.stockton.edu for the Zoom information.

Event: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m.

Place: Virtual meeting on Zoom

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 and the Zoom link, please contact Nora at nora@huntjohnson.org.

Event: **NAMI Connection Recovery Support Group**

Date: Meets **weekly on Tuesday at 7 p.m.** and **Fridays at 2 p.m.**

Place: Virtual meetings on Zoom

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 and the Zoom link, 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.**

Place: Virtual meetings on Zoom

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.

Other Local Activities and Events

Event: **Creative Minds Online Arts Group**

Date: Sunday, **May 3**, from 8:30-10 p.m.

Place: Virtual meeting

Note: NAMI Bucks County's Creative Minds Online Arts Group is a free, weekly online group for any creative individual to share their work in a supportive environment. Anyone is welcome to join to display, perform, or to be inspired. Join by clicking on the Zoom link below to allow your phone/computer to guide you through steps of logging in. The link and meeting number are the same for all groups, so share with your friends or anyone who needs it! Join Zoom meeting: <https://zoom.us/j/9122024943>, dial-in by phone: 1-646-558-8656, meeting ID: 912 202 4943 (enter if/when prompted). Additional details are available at www.namibuckspa.org/onlinesupport/. For questions, please contact nemeigh@namibuckspa.org.

Event: NAMI Bucks County's **Ask the Doctors**

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

Place: Virtual Forum

Note: NAMI Bucks County is providing an open forum on Zoom for you to engage in a question and answer session with two experts in the field of Counseling Psychology. Dr. Patrick McElwaine is an Assistant Professor of Counseling Psychology at Holy Family University and a faculty member at the Beck Institute. Dr. McElwaine has over 20 years clinical experience in various settings. Dr. Alexa Bonacquisti is an Assistant Professor of Counseling Psychology at Holy Family University and a licensed psychologist with expertise in health psychology. Dr. Bonacquisti has nearly 10 years of clinical experience in various settings, with a specific focus on the physical and mental health effects in the context of pregnancy and postpartum. Participation is limited. Click <https://www.facebook.com/events/252916595829748/> to reserve a spot and submit your question(s) in advance. The meeting link is: bit.ly/NAMIVirtual; dial-in by phone: 1-646-558-8656, meeting ID: 912 202 4943 and meeting password: 202901.

Event: **Beneath the Vest: First Responder Mental Health**

Date: Monday, **May 11**, at 8:30 AM and 8:30 PM

Place: Virtual film screening on YouTube and talkback on Zoom

Note: Beneath the Vest is a series of short films by OC87 Recovery Diaries featuring 8 stirring stories of real first responders who have struggled with mental health challenges and came out on the other side. These brave men and women demonstrate that seeking help is a strength, not a weakness, and that hope and recovery are possible. OC87 Recovery Diaries, together with Brooke Glen Behavioral Hospital and a coordinated effort between NAMI Bucks County, NAMI Montgomery County PA, and NAMI Philadelphia, will be screening all of the Beneath the Vest films on NAMI Bucks County's YouTube Live page, and with a Zoom talk-back after the screening. Click the links for the morning screening: <https://youtu.be/Kiq4reVeayU> and morning talkback: bit.ly/NAMIVirtual or the evening screening: <https://youtu.be/k68e7nCi7vg> and evening talkback: bit.ly/NAMIVirtual.

Event: **Supporting your Loved One with Mental Illness during the COVID-19 Isolation**

Date: Webinar replays

Place: Online

Note: NAMI Montgomery County recently hosted two webinars on supporting your loved one with mental illness during the COVID-19 isolation. These webinars, a collaboration between NAMI Montgomery County and Dr. Aaron Brinen, consider how we can care for our mental wellness during the isolation as we are in an unprecedented time. Families are calling on providers for answers and help. We are changing our routines and lives to make sure we remain physically healthy. These webinar replays offer help and support. The March 29 replay is available at <https://recoverwithcvt.com/supporting-your-loved-one-with-mental-illness-during-the-covid-19-isolation/>. The April 12 replay is available at <https://recoverwithcvt.com/mental-wellness-during-the-covid-19-isolation/>.

Resources for Coping During the COVID-19 Pandemic

(<https://namimainlinepa.org/resources-coping-covid-19-pandemic/>)

Concern over the new coronavirus disease, COVID-19, can make any of us upset and anxious, especially individuals with mental health conditions and their loved ones. For the latest information and advice about how to protect yourself and your family and what to do if you have symptoms, please see <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

NAMI Main Line has moved our ongoing support groups to an online format using Zoom (with call-in option), started Wellness Chats, and compiled the resources below to help you maintain your health and well-being during this time of uncertainty.

[Crisis Information](#)

[Warm Lines, Help Lines and General Information](#)

[Virtual Support Group Meetings](#)

[Wellness Chats for All](#)

[Tips on Coping](#)

[Diversions](#)

For late-breaking news of relevant resources and opportunities, please sign up for our Facebook posts (<https://www.facebook.com/NAMIPAMainLine/>) or tweets (<https://twitter.com/NAMIPAMainLine/>).

University of Pittsburgh Research Study on Issues Related to COVID-19

Investigators at the University of Pittsburgh are doing research that involves a community survey about issues related to the current COVID-19 (coronavirus) pandemic and the experiences of people who are providing unpaid care to a loved one because of an illness (including mental illness), disability, or functional problem. Your responses will inform professionals and policy makers who are designing programs and interventions to help caregivers during this difficult time. We will not ask for your name or any other identifying information, your participation is voluntary, and the survey will take about 20 minutes.

For more information about the survey or to begin taking the survey, please click here: <https://bit.ly/PittCOVID19survey>.

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**. Please note that NAMI is actively monitoring developments surrounding Coronavirus (COVID-19) as the safety and health of our attendees, exhibitors, speakers and staff are a top priority. NAMI is following the advice of the [Centers for Disease Control](#) and the federal government and will respond accordingly regarding any event cancellation recommendations for the summer timeframe. Currently, NAMI has waived its standard [cancellation policy](#) and no cancellation fees will be charged at this time.

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

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 as 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.

TAKE A CHECKUP FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.
[MHASCREENING.ORG](https://mhascreening.org)

If you are wondering whether it would be advisable to seek professional help, screening tools can help you evaluate your situation (or your child's). <https://namimainlinepa.org/info-resources/mi-help/#mental-health-screening-tools>

Free online screening tools are available at: <http://www.mentalhealthamerica.net/mental-health-screening-tools>

YOU ARE
NOT
ALONE

47.6 MILLION

Nearly 50 million adults in the United States face the reality of managing a mental illness every day.

#NotAlone nami.org/mentalhealthmonth

To learn more about different mental illnesses and treatments, go to <https://namimainlinepa.org/info-resources/mi-help/#mental-illnesses-and-treatments>.

YOU ARE
NOT
ALONE

What helps you feel connected during this time of physical distancing?

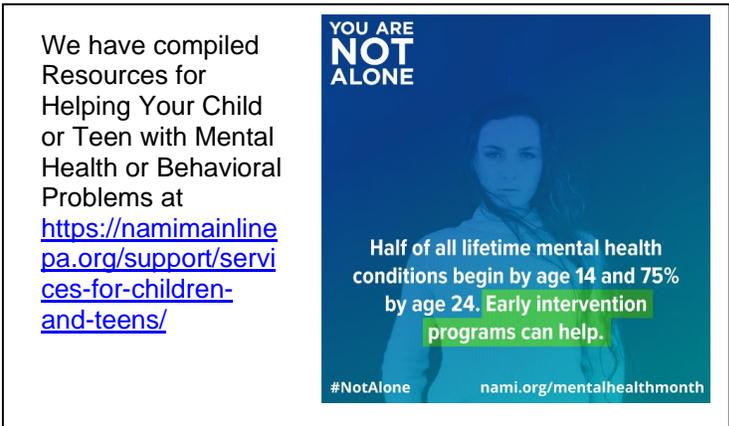
#NotAlone nami.org/mentalhealthmonth

Join NAMI for a virtual support group or wellness chat – we want to connect with you!

<https://namimainlinepa.org/resources-coping-covid-19-pandemic/#virtual>



To learn more about Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania, see <https://namimainlinepa.org/support/services-in-sepa-2/intro-to-services/>



We have compiled Resources for Helping Your Child or Teen with Mental Health or Behavioral Problems at <https://namimainlinepa.org/support/services-for-children-and-teens/>

NAMI Main Line Membership Drive during Mental Health Month

Dear Friends and Supporters of NAMI Main Line, PA,

One in five residents of the Main Line lives with a mental illness. NAMI Main Line PA offers life-changing free education and support for people who have mental illness and those who support them. The recent public health crisis has caused a substantial increase in anxiety, depression, and other mental health challenges.

To meet this increased need, while preserving the health of our members, NAMI Main Line PA now offers [all of its support groups online](#). We have also added new twice weekly [online wellness chats](#) where participants can offer support to each other and share ideas for coping during this difficult time. On Sunday, May 3, 2-4 we will offer [Ask the Experts](#) online.

In honor of Mental Health month this May, we are asking you to become a member of our team by [joining NAMI Main Line PA or renewing your membership](#). Together we can offer hope for a better future to the many people in our local community who are living with mental illness and their families. Everything we offer is free to the public and made possible through charitable contributions and volunteer efforts. Your generosity will fund:

- the NAMI Family-to-Family Education and Support Program
- three support groups for family members and a peer support group for adults living with mental illness
- individualized information and support
- outreach to the Main Line community via educational programs for the public and presentations at schools, universities, and places of worship
- outreach to the wider community via social media and via our [website](#), which provides a wealth of information on our activities, mental illness, and resources for coping and recovery

Last year our free services reached over 1000 people in person and 7000 through electronic communications. (For more information about our accomplishments in 2019, click [here](#).) Please [join or renew your membership](#) today, so we can continue this much-needed work. During this period of uncertainty and stress for all of us, maintaining our commitment to support and hope is more important than ever.

We sincerely thank you for your consideration and support,

Ingrid Waldron, President

Kristine Songster, Affiliate Coordinator

PS: We recognize that some families have limited financial resources, especially now, so we want to remind you that an Open Door membership is available for \$5-\$39. A membership renewal adds 12 months to the end of your current membership term.

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 March and April, 2020.

General Contributions:
 Anonymous (5)
 Karen Dwyer
 Michelle Scolnick

Donations made in memory of Roland Fisher:
 Anonymous (1)
 Marlene Address
 Elida Kauffman

Donations made in memory of Mary Radell:
 Karen Strauss

Donations made in memory of Rosalie M. Zubyk:
 Anonymous (1)
 Patricia Haggerty

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.