



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, 2020

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President's Message

During the current public health crisis, NAMI Main Line PA has transitioned our [support groups](#) to an online format. (See information below.)

We also continue to provide helpful information electronically, through our **Weekly Updates**, **Facebook posts**, **tweets**, and **website**. We regularly send out new information and update the information on our website. For example, We have recently added a new page, [Recent Insights Concerning the Diagnosis of Mental Illness](#).

Ingrid Waldron, President

NAMI Main Line PA Support

Event: Wellness Chats

Date: Meets on **Tuesdays** 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 once 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/tZYsdeuvri0sE9OGjCW6-Yc1bmhBVVshBijy>. 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 Diane at dmkotrl@aol.com 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 Support Groups and Resources

NAMI Bucks County is offering multiple **virtual Family Member and Peer Support Groups**. Please see the schedule at <https://namibuckspa.org/support/online-support-groups/>.

NAMI Montgomery County is offering multiple **virtual Family Member and Peer Support Groups**. The schedule can be found at <https://bit.ly/31eB27i>; registration is required at <https://namimontcopa.org/virtual-support-group-registration/>.

NAMI Philadelphia is offering multiple **virtual Family Member and Peer Support Groups**. The schedule can be found at <https://www.namiphilly.org/>; registration is required at <https://www.namiphilly.org/nami-online-support-registration.html>.

NAMI Montgomery County is offering two webinar replays 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://recoverwithcbt.com/supporting-your-loved-one-with-mental-illness-during-the-covid-19-isolation/>. The April 12 replay is available at <https://recoverwithcbt.com/mental-wellness-during-the-covid-19-isolation/>.

Additional virtual support groups and offerings are posted and regularly updated at <https://namimainlinepa.org/resources-coping-covid-19-pandemic/#virtual>.

News You Can Use

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

We have added a new page to our website, **Recent Insights Concerning the Diagnosis of Mental Illness** (available at <https://namimainlinepa.org/recent-insights-concerning-the-diagnosis-of-mental-illness/>). This page provides excerpts from “The Hidden Links between Mental Disorders” by Michael Marshall, *Nature* 581, 19-21 (2020) (<https://www.nature.com/articles/d41586-020-00922-8>).

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 at <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Getting-Help-Paying-for-Medications>.

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/>).

NAMI's Statement on Recent Racist Incidents

(originally posted on NAMI.org on May 29, 2020)

The National Alliance on Mental Illness (NAMI) released the following statement from CEO Daniel H. Gillison, Jr., regarding recent racist incidents across the country and their impact on mental health:

"The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

"Our nation's African American community is going through an extremely painful experience, pain that has been inflicted upon this community repeatedly throughout history and is magnified by mass media and repeated deaths. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic - disproportionately from minority communities - these recent deaths add gasoline to the fire of injustice.

"While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis.

"As the nation's largest grassroots mental health organization, it is our responsibility to serve all. While as an organization we are still early in our intentional Diversity, Equity and Inclusion journey and have much to do, we have renewed our commitment to our values. We continue to strive to deliver help and hope to all who need it.

"NAMI stands in solidarity with everyone impacted across the country. You are not alone."

July is National Minority Mental Health Month

The U.S. Surgeon General reports that black, indigenous and people of color 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/2i6oolA>
- 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/2qXZMif>
- [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.

Black Mental Health Resources

NAMI National has compiled a comprehensive list of resources, including black mental health organizations and research, self-care for people of color, treatment directories, understanding the context of racism and recent events, and much more. Go to <https://bit.ly/3ewpzDS> and scroll down for more information.

PA Care Partnership Webinar Series on Creating a Culture of Inclusion

PA Care Partnership has planned a webinar series for sharing and learning best practices for creating a culture of inclusion across Pennsylvania as we recognize National Minority Mental Health Awareness Month.

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background and one in five people do.

Background and identity can make access to mental health treatment much more difficult. National Minority Mental Health Awareness Month was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition. Americans in minority communities often face more barriers to recovery due to lack of access to health care, lower rates of medical coverage, cultural insensitivity of providers, bias and discrimination in the delivery of care, language barriers, and higher levels of stigma.

Webinars:

- **Black Men Heal: *How Black Men's Depression and Trauma is Unseen and Under-diagnosed*** will be offered on Thursday, July 16, from 2:30-4:00 p.m. with keynote speaker, Tasnim Sulaiman, LPC. Black Men Heal is a mission dedicated to offering free therapy to black men and working to remove the stigma around mental health care. Register in advance for this meeting: <https://us02web.zoom.us/j/91910000000>
- **Black Urban Gardeners and Farmers of Pittsburgh Co-Op (BUGs): *Therapeutic Gardening for Youth Healing*** will be offered on Thursday, July 23, from 2:30-4:00 p.m. with keynote speaker, Raqueeb Bey. The Black Urban Gardeners and Farmers of Pittsburgh Co-Op (BUGs) mission is to establish, educate, and assist Black people for sustainability and food sovereignty. We teach our youth how to start healing their mental and physical traumas through the use of herbs, plants, meditation, yoga, and reiki. Register in advance for this meeting: <https://us02web.zoom.us/j/91910000000>
- **Trauma 107: *Trauma-Informed Cultural Sensitivity*** will be offered on Thursday, July 30, from noon-4:00 p.m. with Lakeside Trainers as speakers. Enhancing cultural competence and encouraging cultural humility is essential to increasing access and improving the standard of care for traumatized children, families, and communities. With both presentation and group interaction, participants will identify forces that contribute to behaviors that build or decrease emotional health in individuals and systems. Register in advance for this training (*limited to 50 participants*): <https://lakesidelink.com/training/pa-care-partnership-training-7-30-20/>

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

NAMI National has scheduled their first-ever free virtual convention, **NAMIcon 2020**, taking place **July 13-14**.

The National Convention will provide essential resources and expert forums on early intervention, the latest research, criminal justice reform and mental health care. This is a unique opportunity for those who have not attended previous NAMI conventions to join NAMI's signature event free of charge! To visit the convention page and register online, go to <https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>.

Mental Health America's Annual Conference *COVID-19, Mental Health, and the Need for Equity*

MHA's 2020 Annual Conference will now take place this September 3-4, 2020 and is themed **COVID-19, Mental Health, and the Need for Equity**. MHA is currently planning for a virtual component and will have an in-person option at the Hyatt Regency on Capitol Hill if deemed safe and District of Columbia regulations allow.

The last few months have changed everything - and the world is looking at "a new normal." MHA's 2020 Annual Conference – now with a virtual component – will discuss it all. From increases in depression and anxiety rates, to adjusting workplaces and employee mental health, to addressing disproportionate inequities due to systemic

barriers and historical adversity - MHA is talking about it. More information is available at <https://www.mhanational.org/2020/annual-conference>.

Advocacy Needed on Pennsylvania's Mental Health Budget

(Cross-posted from NAMI Montgomery County PA)

Before COVID-19 struck PA, our economy looked good. In fact, Senator Pat Browne (Republican) from Lehigh County stated that a "promising and improving fiscal picture at the beginning of the current fiscal year for the commonwealth...has been totally turned on its head."

Usually a budget is created for twelve months. Due to concerns about our future financial stability, the Pennsylvania budget was passed as a 5 month budget for most of social services, including the category of mental health. Other categories, such as education have been budgeted for all twelve months. The mental health budget will begin on 7/1/2020 and goes until 11/30/2020.

Our voices are needed now more than ever. We need to educate our Pennsylvania legislators about why mental health services are needed and how individuals, families, and communities will be impacted without them. Legislators are going to have to make difficult decisions regarding how to fund areas with less money. Think about your home budget. If you have less (revenue) coming in then you have to figure out where you will cut back. Legislators are going to be faced with the same challenge.

Please reach out to your local Representatives and Senators. You can find your legislators by visiting: <https://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/index.cfm>. Once you have their contact information, please call (best option) or email (next best option) and use the following script to advocate for monies to be available to our mental health system.

Script:

Hello. My name is _____ and I live at _____.

I am calling today to share my concerns about funding for mental health services.

Mental health services are important to me because _____.

Without mental health support I worry that _____.

(If you have a personal story about how difficult accessing services can be or how without mental health services you would not be as successful or what could have happened to a family member, please share!)

Please make mental health a priority when the budget is decided for the rest of the year. Thank you.

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 (7)
Debra Copit
Daniel M. Tabas Family Foundation
Ann Dixon
Jack Hackney
Christopher and Denise Hay
Richard Scholl
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Jerome Taylor
Jennifer Trachtenberg
Elizabeth Useem
Ingrid Waldron

Donations made in memory of Caroline Williams:
Elizabeth Williams

Donations made in honor of Ari Felber:
Susan Weiss

Donations made in honor of Ingrid Waldron:
Katie Eyer

Donations made in memory of Rosalie M. Zubyk:
Randy and Lisa Geiser

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.