



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

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President's Message

We will celebrate **National Mental Health Awareness Week**, October 4-10, with a series of virtual events. Our week will kick off with "[How Illness Changes Families and How Family Members Can Support Each Other](#)" an interactive virtual event on Sunday, **October 4**, 2-4 p.m. We will cap off the week with "**Hope and Gratitude in these Challenging Times**" on Saturday, **October 10**, 10-11 a.m. in honor of the National Day of Hope. More information about the planned events is available on page 4. We encourage you to reach out to your families, friends, neighbors, and colleagues to join us for these events. Please also make a [donation](#) to support the important work of our affiliate during these challenging times.

We continue to offer our [support groups](#) online. We also continue to provide helpful information electronically, through our [Weekly Updates](#), [Facebook posts](#), [tweets](#), and [website](#). We have recently added a page to our website, [Voluntary and Involuntary Commitment to Inpatient Hospitalization](#)". We have also updated multiple pages, including:

- [Frequently Asked Questions](#)
- [Resources for Coping with, Preparing for and Preventing a Crisis](#)
- [Support Groups by County in Southeastern Pennsylvania](#)
- [Events](#)

We hope you will find these resources helpful,
 Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: **Main Line NAMI Virtual Interactive Workshop: [How Illness Changes Families – And How Family Members Can Support Each Other](#)**

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

Place: Virtual meeting on Zoom

Note: When a family member has a mental illness, everyone in the family experiences stress. Family roles may be altered, and the arc of personal and family development may be paused or derailed. Yet it is possible for families to meet the challenges with resilience. Family members can support each other by creative problem-solving and by using clear, open communication of emotions, needs, and beliefs about illness and caregiving. This workshop will focus on techniques of family resilience. Attendees will be given opportunities to explore their family history, their beliefs, and approaches that can help them feel strength and hope. The workshop will be facilitated by Ellen Berman, MD, family psychiatrist and Clinical Professor of Psychiatry at the University of Pennsylvania. We will open the Zoom meeting at 1:30 p.m. to admit participants so that we may begin the meeting promptly at 2 p.m. Advance registration is required at <https://tinyurl.com/HowIllnessChangesFamilies>.

Event: **Main Line NAMI Virtual Discussion: Hope and Gratitude in These Challenging Times**
Date: Saturday, October 10, from 10-11 a.m.
Place: Virtual meeting on Zoom
Note: Join Craig DeLarge for an uplifting presentation and Q & A on hope and gratitude in these challenging times. Registration details will be shared in our weekly updates.

Event: **Main Line NAMI Virtual Interactive Workshop: [Balancing Compassionate Kindness with Limit Setting](#)**
Date: Sunday, **November 15**, from 2-4 p.m.
Place: Virtual meeting on Zoom
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. The workshop will be co-facilitated by Sarah Freudberg (Family-to-Family facilitator) and Ingrid Waldron (affiliate President). We will open the Zoom meeting at 1:30 p.m. to admit participants so that we can begin promptly at 2 p.m. Advance registration is required at <https://tinyurl.com/CompassionateKindnessNov2020>.

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.

Event: **Bryn Mawr Family Member Support Group**
Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meetings on Sept. 7 and Oct. 5)
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. (Next meetings on Sept. 15 and Oct. 20)
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: **Wellness Chat for Family-to-Family Graduates**
Date: Monday, **September 21**, from 7-9 p.m.
Place: Virtual meeting on Zoom
Note: Judy Green, Family-to-Family (F2F) facilitator, and Nancy Helfman, former F2F participant, invite F2F “**graduates**” of the program to join our on-going Zoom wellness chats. Please contact Judy at F2FMainLine@aol.com for the meeting information.

Other Virtual Events and Support Groups

Event: Listening Hearts - 2020 Virtual World Hearing Voices Day Celebration

Date: Monday, **September 14**, from 6-8 p.m.

Place: Virtual meeting

Note: Join Montgomery County Hearing Voices Network for the 14th anniversary celebration of Hearing Voices Day, a day that highlights the demand for civil rights for people who hear voices or experience alternative perceptions. We are standing up to be treated as full, productive citizens without psychiatric labels. Listening Hearts invites voice hearers and/or people who experience alternative perceptions to creatively express their experiences. Join Zoom Meeting: <https://us02web.zoom.us/j/87694444724> with Meeting ID: 876 9444 4724. For questions contact Jason Matlack at Jason.matlack@RHD.org 267-294-7313.

Event: Housing Options for Individuals with Disabilities

Date: Tuesday, **September 15**, from 10 a.m.- noon

Place: Virtual meeting

Note: Achieva Family Trust will present this webinar on Housing Options for Individuals with Disabilities with speakers, Michelle Stockunas, Achieva Vice President, Home and Community Supports; Sandra Nesbit, Housing Navigator, Action Housing; and Aleta Barnett, Adult Advocate, NAMI Keystone PA. For more information and to register, please go to https://achieva.zoom.us/webinar/register/WN_9Vdc2qvMT6-FwJHtGWsQPA.

Event: Mental Health America Webinar: Understanding the Role of Resilience in Gender and Sexual Minority Communities

Date: Thursday, **September 17**, at 2:15 p.m.

Place: Virtual meeting

Note: While it is well documented that Gender and Sexual Minority individuals have faced lifelong stigma, discrimination, and other experiences that may lead to adverse psycho-social outcomes, an emerging program of research suggests resilience can be a buffer against the impact of these stressors. This webinar will highlight how public health approaches to health and well-being have historically been rooted in a deficits based model and the recent shift in focus to examine strengths-based perspectives in GSM communities, especially in older HIV+ gay men. For more information and to register, please go to <https://mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities>.

Event: The Impact of COVID-19 on Those in the Disability Community

Date: Thursday, **September 24**, from 10 a.m. - noon

Place: Virtual meeting

Note: Achieva Family Trust will present this webinar with speakers Jennifer Garman, Esq., Director of Government Affairs, Disability Rights Pennsylvania; Michele O'Toole, Regional Program Manager, Office of Developmental Programs; Nancy Potter, Esq., McAndrews Law. For more information and to register, please go to https://achieva.zoom.us/webinar/register/WN_O9cqY_nlQyeB3Wvh4MNv1g.

Event: Mental Health Advanced Directives

Date: Friday, **October 9**, at 10 a.m.

Place: Virtual meeting

Note: Achieva Family Trust will present this webinar with speakers Presenters: Mark Zacharia, Esq., Senior Associate Counsel, UPMC Corporate Legal Department; Nikki Dawson, MSW, Advocacy Director, NAMI Keystone PA; and Aleta Barnett, Adult Advocate, NAMI Keystone PA. For more information and to register, please go to https://achieva.zoom.us/webinar/register/WN_Qel6_2YgTpep9PmaEnrWzq.

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>.

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

Mental Illness Awareness Week

This has been an extraordinary year for all of us, full of unplanned challenges that demand that we re-invent how we live, how we think about each other and how we act toward one another. Due to the added stress now layered over our lives it's critical that NAMI continue to deliver help, support, education and hope to people in our neighborhoods who live with mental illness and to their loved ones who care for and about them.

During the week of October 4-10 we will celebrate 30 years of **National Mental Health Awareness Week**. We invite you to join us for this entirely virtual community event. Our week will kick off on Sunday, **October 4**, with **"How Illness Changes Families and How Family Members Can Support Each Other"** an interactive virtual event hosted by our own Ellen Berman, MD, family psychiatrist and Clinical Professor of Psychiatry at the University of Pennsylvania. During the week we will offer other virtual activities to engage our community in raising awareness of the needs of the mental health community in our local area. We will cap off the week on Saturday, **October 10** with **"Hope and Gratitude in These Challenging Times"** presented by Craig DeLargo to celebrate **NAMI's National Day of Hope**. We encourage you to reach out to your families, friends, neighbors and colleagues to join us for these events and, if you are able, [make a donation](#) to support the work of our beloved local affiliate.

Since the pandemic arrived in our area we continued to provide help and hope to our community by transitioning our support groups to virtual meetings, by keeping resources on our website up-to-date and relevant, by sharing much information through our weekly updates and social media posts, and by offering free virtual programs. These services like many others are essential to those living with mental illnesses and for their families in these times of crisis. Please look for more news about our celebration of National Mental Health Awareness Week in the coming weeks and mark your calendars for our events. Donations can be made at any time [online](#) or by mailing a check made out to NAMI Main Line PA to 320 Woodley Road, Merion Station, PA 19066.

Fall Offerings of Family-to-Family Courses

Family-to-Family (F2F) is an 8-week 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. [Click here](#) for more info.

NAMI Montgomery County will be offering virtual Family-to-Family courses this fall. They will be hosting three classes with different start dates and times to accommodate varying schedules. Each class is capped at 10 registrations to ensure as intimate an experience as online classes will allow.

Very important:

- If you will be attending with a spouse or family member and are sharing a computer/device, please only register once using one name as the registrant and adding the other(s) further down in the registration process.
- If you will be attending with a spouse or family member but using different or separate devices, please register separately.
- NAMI Montgomery County will be mailing out class materials if you register early. If you register late and they cannot mail it to you in time, they will set up a time to meet you at the Lansdale office for pick-up.

Once you register, EventBrite will email you a confirmation along with the link you'll need to join the class. Please save the link as it will be the link you use for the duration of the class.

Registration options:

Tuesdays at 9:00 am beginning **October 6th**– <https://www.eventbrite.com/e/nami-family-to-family-tickets-117692217591>

Wednesdays at 6:30 pm beginning **September 25th**– <https://www.eventbrite.com/e/nami-family-to-family-tickets-117682330017>

Thursdays at 6:30 pm beginning **September 17th**– <https://www.eventbrite.com/e/nami-family-to-family-tickets-117694861499>

News You Can Use

We have added a new page to our website, **Voluntary and Involuntary Commitment to Inpatient Hospitalization** (available at <https://namimainlinepa.org/voluntary-and-involuntary-commitment-to-inpatient-hospitalization/>).

We have made significant revisions to the following pages on our website:

- **Frequently Asked Questions** (available at <https://namimainlinepa.org/info-resources/frequently-asked-questions/>)
- **Resources for Coping with, Preparing for and Preventing a Crisis** (available at <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>)
- **Support Groups by County in Southeastern Pennsylvania** (available at <https://namimainlinepa.org/support/support-groups-by-county-in-southeastern-pennsylvania/>)
- **Events** (available at <https://namimainlinepa.org/events/>)

View helpful tips on **Taking Care of Yourself and Your Family during These Stressful Times** at <https://www.youtube.com/watch?v=Du8eBeBsgto&feature=youtu.be>.

Wellness Resources, including resources for kids, mindfulness, self-care, movement, entertainment, education, emotional support, etc. are available at <https://www.integrativetouch.org/wellness-resources>.

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>

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, especially now that we are in the midst of a pandemic with a lot of uncertainty. Below are some 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>.
- 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 <https://mhanational.org/back-school-2020-toolkit-download>.
- Rogers Behavioral Health has several informative downloads available at <https://rogersbh.org/resources>.
- 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>.

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

Cleveland Cavaliers' All-Star player **Kevin Love** is confirmed as a speaker for **MHA's 2020 Annual Conference**, themed **COVID-19, Mental Health, and the Need for Equity**, taking place virtually in just a few weeks on **September 3-4, 2020**.

Over the last decade, Kevin Love has taken the National Basketball League (NBA) by storm. A unique superstar, Love's career has been highlighted by five NBA All-Star elections, an NBA Championship in 2016, an Olympic gold medal in 2012, and a FIBA World Championship in 2010. He has also become an undeniable force beyond sports as he helps normalize the conversation surrounding mental health and creates an opportunity for others to do the same. After documenting his experience with depression and anxiety in a powerful [personal essay](#) on The Players' Tribune, Love quickly evolved into the public spokesperson for mental health awareness among athletes. Kevin will sit down with MHA's president and CEO Paul Gionfriddo for a conversation about mental health, the state of the world, and how Kevin continues to use his enormous platform to break down the shame and stigma associated with mental illness.

This year's conference will be simulcast in both American Sign Language (ASL) and Spanish next week and registration is free. More information is available at <https://www.mhanational.org/2020/annual-conference>. The links to join these livestreams will be hosted on the main conference platform that will be available to all

attendees. Registered attendees will receive the link to join the platform one day prior to the event, next Wednesday, September 2. If you have any questions regarding these accommodations, please contact creynolds@mhanational.org.

Federal Stimulus Money for Pennsylvanians with Benefits

As part of the CARES Act, the United States Department of Treasury issued funds known as Recovery Rebates or as Economic Impact Payments (EIPs) to most Americans beginning April 10, 2020. Recipients may be eligible for a payment of up to \$1,200 for individuals and \$2,400 for married couples filing jointly, in addition to \$500 per qualifying child. Current recipients of assistance in the form of TANF, SNAP, or Medical Assistance can still access the federal stimulus money, and this payment does not count as income or assets in determining eligibility for benefits.

The deadline to request EIP is October 15, 2020. Those who do not file taxes at all, or who file taxes and receive your tax refund via check, may need to provide information to the IRS to claim an EIP. Instructions on claiming an EIP and more information can be found on the [IRS website](#) or by calling 800-919-9835.

The Campaign for Working Families is offering assistance to people who need help filing for their EIP at www.cwfphilly.org/stimulus.

Those who receive Social Security or SSI benefits can find information and instructions on how to access their EIP from the [Social Security Office Coronavirus page](#).

Those who file taxes and receive tax refunds via direct deposit will have had their EIP automatically deposited into their account and there is nothing further to do.

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, 2020.

General Contributions:

Anonymous (3)
Robert and Nancy Helfman
Ruth Dever McDonel

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.

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.