



NAMI Main Line PA
 Affiliated with National Alliance on Mental Illness

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NAMI Main Line PA Newsletter – November, 2020

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President's Message

We hope you will join us for a virtual interactive workshop, [Balancing Compassionate Kindness with Limit Setting](#), Sunday, November 15, 2-4 p.m. This 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). [Register](#) to receive the Zoom link.

We encourage you to view and listen to these two recent additions to our website:

- [Hope and Gratitude in these Challenging Times](#)
- [9 Tips for Family Caregivers](#).

We are seeking your financial support for our ongoing work to meet the needs of our community. Our affiliate responded to the pandemic by quickly moving our support groups to an online format, presenting educational outreach events via Zoom, and continuing to respond to multiple requests for information and support. Our accomplishments during 2020 are summarized on pages 3-4 of this Newsletter. Please [donate](#) today to support our work.

Thank you and best wishes for the holidays,

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: **Wellness Chat for Family-to-Family Graduates**

Date: Thursday, **November 12**, 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.

Event: **Main Line NAMI Virtual Interactive Workshop: [Balancing Compassionate Kindness with Limit Setting](https://tinyurl.com/CompassionateKindnessNov2020)**
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.** (No group on Nov. 25th)
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 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.**
Place: Virtual meeting on Zoom
Note: For family members of people with mental illness. For more information and the Zoom details, please contact Diane at dmkotrl@gmail.com.

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. Next meetings are November 17 and December 15. For more information and the Zoom link, please contact Nora at nora@huntjohnson.org.

Other Virtual Events and Support Groups

REGISTER TODAY: Mental Health America National is hosting a webinar, Friday, October 30, 2020 at 2:15 pm ET / 11:15 am PT, **“OCD in Children & the Impact of COVID-19”**. This free, 60-minute webinar where we will discuss: a) what OCD typically looks like in children, b) what behaviors may be a typical response to COVID vs cause for concern, and c) how parents can be

supportive of their child with OCD. It will be presented by Denise Egan Stack is a home-based cognitive behavioral therapy (CBT) therapist who has been treating children, adolescents, and adults with OCD and anxiety for over 20 years.

NAMI Bucks County is hosting a **special one-time screening of the movie, *Scattering CJ***, on Thursday, November 5, 2020 at 7:00 PM EST in partnership with the **Bucks County Suicide Prevention Task Force**. This screening will be followed by a special Q&A with Hallie Twomey. Please register at <https://namibuckspa.org/scatteringcj/>.

NAMI Philadelphia & the [LiveWell Foundation](#) presents “**Speak Your Mind**” **Support Group** the **first Wednesday of every month** at 7:30pm, featuring inspiring peer speakers who are living well with depression or anxiety. The next events are November 4th and December 2nd. Join at Zoom Meeting ID: **860 449 7213**, Password: 217373

Other NAMI Chapters throughout Southeast Pennsylvania offer multiple **virtual Family Member and Peer Support Groups**. By county, see their schedules and be sure to pre-register where required.

- **NAMI Bucks County:** <https://namibuckspa.org/support/online-support-groups/>.
- **NAMI Montgomery County:** <https://namimontcopa.org/support/> where registration is required at <https://namimontcopa.org/virtual-support-group-registration/>.
- **NAMI Philadelphia:** <https://www.namiphilly.org/> under the menu selection “Support”; and remember pre-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>.

#Vote4MentalHealth: Remember to Cast Your Ballot

Election Day is only FIVE days away! We hope you have already voted early or have made your plan to vote. Just a few reminders to ensure your **#Vote4MentalHealth** counts this year.

Return your mail-in ballot in person or by mail to your local board of elections office **TODAY!** Find your county's ballot drop box locations [here](#) to return your ballot in person or ensure your ballot is postmarked by November 3rd.

Also, **be sure to place your mail-in ballot in the secrecy envelope inside the mailing envelope**. The PA Supreme Court ruled that “naked ballots” **NOT** placed inside the secrecy envelope when mailed will **NOT** count.

Still headed to the polls on Election Day? Pennsylvania polls will be open on Tuesday, November 3, 2020, from 7 a.m. to 8 p.m.. To find your polling location, [click here](#).

Unless it's your first time voting at a new polling place, you will NOT need ID. If it's your first time voting at a new location, you must bring one of the approved forms of identification on [this list](#). Your ID doesn't need to be a photo ID. There are many forms of non-photo ID that are acceptable.

Finally, don't forget to join thousands of other mental health advocates in taking the pledge to **#Vote4MentalHealth** at [vote4mentalhealth.org!](https://vote4mentalhealth.org/)

Courtesy: NAMI Keystone PA

News You Can Use

As a result of a webinar series, conducted during Mental Illness Awareness Week (#MIAW2020), we have **two new webinar** recordings on our website which we think will be helpful to you:

- **Hope & Gratitude in these Challenging Times**, is a 1 hour talk on these topics with a suggestion of how gratitude journaling, lovingkindness meditation and “connected” community can boost our resilience in these times. The YouTube recording can be found at: <https://www.youtube.com/watch?v=BX4K7fs4XPk>.
- **9 Tips for Family Caregivers**, is an 8 minute review of time proven suggestions that come out of our Parent Support Group which we can all attest have helped our well-being and effectiveness as caregivers but which we all have to continually recommit to practicing. The YouTube recording can be found at: <https://www.youtube.com/watch?v=bNLzy-8R37w>.

2020 Accomplishments You Funded & Supported

As we end another year, we are so grateful for what your support has enabled in our local community. Support of the mentally ill and their families has been especially critical this year. Some of the most notable accomplishments of 2020 include:

- A Winter (Q1) **2020 Family-to-Family (F2F) Education Program**, just before the pandemic shelter-in-place.

“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. I expect to get together with those that want to remain in touch and I signed up as a member of NAMI Main Line this morning to ‘pay it forward’.” - F2F Attendee
- **F2F Alumni Support Groups** that lend support beyond the 12 week program & included speaker topics on Borderline Personality Disorder (Talya Lewis) and Dialectical Behavioral Therapy (Edie Manion) during the year.
- **Sustained presence of our multiple Peer, Parent and Family Support Groups** as they transitioned to online formats during the COVID-19 shelter-in-place
- **5 NAMI Main Line PA Workshops & Forums.**
 - “Ask the Experts”, with Kathy Laws, Michael Harper, J.D. and Larry Real, M.D.
 - “How Illness Changes Families – And How Family Members Can Support Each Other”, with Ellen Berman, M.D.
 - “What People with Mental Illness Want You to Know”, with Melissa Rice
 - “Hope and Gratitude in these Challenging Times”, with Craig DeLarge
 - “[Balancing Compassionate Kindness with Limit Setting](#)”, with Sarah Freudberg and Ingrid Waldron, scheduled for November 15
- **10 educational presentations** to groups, including elementary school students, nursing students, medical students, physician’s assistant students, community organizations, and congregations

“Thank you very much for speaking with the Penn Nursing class yesterday. I’m grateful for your generosity in talking about your personal experiences and knowledge.” - Community Outreach Presentation Attendee

- Information and support in response to frequent e-mail and telephone requests
- Our programs and responses to individual inquiries **served an average of 265 people each quarter** in 2020.
- Our **online presence** continued to grow, **servicing ~7,500 monthly**, throughout the year with:
 - new pages on our website (<http://namimainlinepa.org/>), including:
 - [“Resources for Coping During the COVID-19 Pandemic”](#)
 - [“Voluntary and Involuntary Commitment to Inpatient Hospitalization”](#)
 - [“Recent Insights concerning the Diagnosis of Mental Illness”](#)
 - new videos to our website, including:
 - [“3-minute Tour of our Website”](#)
 - [“9 Tips for Family Caregivers”](#)
 - [“Hope and Gratitude in Challenging Times”](#)
 - updates of our most frequently used pages, including:
 - [“Frequently Asked Questions”](#)
 - [“Resources for Coping with, Preparing for and Preventing a Crisis”](#)
 - [“Mental Illnesses, Treatments, Coping & Practical Help”](#)
 - [“Support Groups”](#) and [“Support Groups by County in Southeastern PA”](#)
 - multiple sections of our [“Resource Guide”](#)
 - We have received **multiple compliments** for our website.

“Thank you for hosting such a great online resource for our entire region.”

“I just wanted to send a quick note of thanks. I utilized the Nami Main Line website today to locate two forms. It’s so nice to have everything in one place. Very helpful.”

- Distributed and Web-published to more than 1,400 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>), Twitter (<https://twitter.com/NAMIPAMainLine>) and Instagram (<https://www.instagram.com/namimainlinepa/>).
- **Ongoing advocacy activities** with national, state and local officials, and on behalf of families who come to us for assistance.

Advocacy Success!!!

988 as new National Suicide Hotline Number: As of late October 2020, this U.S. law formally establishes 988 as the three digit code for emergency mental health services, allowing those in emotional or mental distress to speak with a trained professional over the phone quickly. Here is another example of how advocacy via your emails, phone calls, and social media messages move the needle for those in need. It’s also exciting to know the Federal Communications Commission voted in July to move forward with necessary technical changes to ensure 988 is available from any U.S. location within two years. Source: Mental Health America

Holiday Resources for Families

The holiday can be a particularly difficult time for many with challenges ranging from family conflict to loneliness & isolation. This 2020 holiday season will be especially challenging for all of us as we grapple with COVID-19 distancing and the outcome of the US General Elections. Though challenging, the holidays can still be a time of celebration, community and comfort when we access the right resources and practices. To aid your safety planning for the holidays, we have included a collection of articles that will help:

- Crisis Prevention & Management for the Holidays (and year round), from 2017 workshop by Dr. Ellen Berman and Amanda Falivene-Rocco, LPC, CPRP: <https://bit.ly/2Tuluaj>
- Avoiding Holiday Stressors, by Jessica Maharaj: <https://www.nami.org/Blogs/NAMI-Blog/December-2018/Avoiding-Holiday-Stressors-Tips-for-a-Stress-Free-Season> (2018)
- Holiday Depression:
 - <https://www.healthline.com/health/depression/holidays> (2017);
 - <https://blog.partnersforyourhealth.com/blog/the-most-concerning-holiday-stress-statistics> (2018),
 - <https://www.psychologytoday.com/us/blog/modern-mentality/201811/how-manage-your-mental-health-during-the-holidays> (2018)
- NAMI Beat Back the Holiday Blues: <https://www.nami.org/Blogs/NAMI-Blog/November-2013/Beat-Back-the-Holiday-Blues>
- Tips for Youth Mental Health during the Holidays: <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Holiday-Mental-Health-Tips.aspx>
- Mental Health Books for Children, Teens & Parents: <https://www.namipainline.org/mental-health-books-for-children-and-teens-and-their-parents/>
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Thank You to Our Generous Donors

If you would like to make a contribution to our affiliate, please go to <http://namipainline.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 September and October, 2020.

- General Donations
 - Anonymous (2)
 - Elizabeth Brannon
 - Andrea Brooks
 - Nancy and Glenn Dever
 - Denise Hay
 - Monroe Energy
 - SEPA ELCA Delaware Conference
- Donations made in honor of Ellen Berman
 - Marian Sandmaier
- Donation in Memory of Doug Baker
 - Marilyn Baker
- Donations made in memory of Jerome Siegel
 - Susan Weiss
- Sponsorship of Mental Illness Awareness Week
 - Nolan Painting

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.