

NAMI Main Line PA – 2020 Accomplishments

(with a few of the appreciations we have received)

Information and Support

- Family-to-Family (F2F) education program, an 8-week program for family members of people who have mental illness that educates and supports and teaches coping skills. This year we offered one session of F2F in the winter before the onset of the pandemic. We plan to offer F2F online in the future.

“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’.”

- Graduates of Family-to-Family have formed multiple informal support groups and have organized informational presentations in response to participants’ needs, including:
 - Presentation on “Borderline Personality Order”, followed by a Q & A with Talya Lewis
 - Presentation on “Dialectical Behavior Therapy (DBT)” followed by a Q & A with Edie Manion
- Our support groups quickly transitioned to an online meeting format at the onset of the COVID-19 pandemic and 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 – now meets twice weekly
 - Wellness Chat for Family-to-Family Graduates - meets twice monthly
- Information and support in response to frequent e-mail and telephone requests

“Thank you for sending this helpful info!”

- Main Line NAMI Workshops and Forum presentations:
 - “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

“Thanks for a very informative and helpful session.”

Community Outreach

- Ten 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."

Our programs and responses to individual inquiries served an average of 265 people each quarter in 2020.

Electronic Outreach

- Developed 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"](#)
- Added new videos to our website, including:
 - ["3-minute Tour of our Website"](#)
 - ["9 Tips for Family Caregivers"](#)
 - ["Hope and Gratitude in Challenging Times"](#)
- Updated several 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"](#)

"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/>).
- 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
- Updated SlideShare page (<https://www.slideshare.net/NAMIPAMainLine>) and maintained Pinterest page (<http://www.pinterest.com/namipamainline/>).

Our website and electronic communications served about 7,500 people per month in 2020.

Advocacy

- Advocacy Alerts throughout the year, as national, state and county opportunities for advocacy arose
- Helped family members find resources to advocate on behalf of their loved ones