



NAMI Main Line PA
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NAMI Main Line PA Newsletter – January, 2021

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President's Message

As we begin the new year, we hope you will join us for two virtual events:

- **Obtaining, Navigating and Maintaining Benefits**, presented by Michele Leahy, on Sunday, **January 24**, 2-4 p.m. See below for additional information and the link to register for this virtual event.
- **Resources to Help Families Cope with Mental Illness**, presented by Ingrid Waldron and Kristine Songster, Thursday, **February 4**, 7-8 p.m. See below for additional information, including how to register for this virtual event.

As each of us copes with the challenges of the pandemic, Main Line NAMI continues to offer support and information. We encourage you to consider joining a support group (<https://namimainlinepa.org/support/support-groups/>). A wealth of advice and information is available at <https://namimainlinepa.org/info-resources/mi-help/>, including:

[Helping a Loved One with Mental Illness](#)
[Mental Health Screening Tools](#)
[Mental Illnesses and Treatments](#)
[Practical Help](#)
[Youth](#)
[Self-Care and General](#)
[Criminal Justice](#)

I wish each of you good health and good fortune in 2021,
Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: Main Line NAMI Virtual Forum: **Obtaining, Navigating and Maintaining Benefits**

Date: Sunday, **January 24**, from 2-4 p.m.

Place: Virtual forum on Zoom

Note: Are you trying to help a loved one with a disability create a roadmap to the future? Join us for this presentation with Q & A by Michele Leahy. Michele is the founder and CEO

of Leahy Life Plan and understands disability challenges from both a professional and personal perspective. The following topics will be included: SSI/SSDI, Medicaid/Medicare, public mental health care programs, working while receiving benefits, person-centered planning, power of attorney vs. guardianship, eligibility for waivers and how to receive them, and Individualized Support Plans (ISP). Register at <https://tinyurl.com/BenefitWorkshop> to receive the Zoom link. We will open the Zoom meeting at 1:30 p.m. to admit participants so that we can begin promptly at 2 p.m. For more information, contact us at info@namimainlinepa.org.

Event: Resources to Help Families Cope with Mental Illness

Date: Thursday, **February 4**, from 7-8 p.m.

Place: Virtual class

Note: NAMI Main Line PA will present a brief course about our services and other resources to help individuals living with mental illness and their families and friends through Haverford Township Adult School. We will discuss support and education programs and information about mental illness treatments and services (<https://namimainlinepa.org/>). We will do our best to answer any questions you may have. The class will be co-taught by Ingrid Waldron and Kristine Songster, who have been the President and Affiliate Coordinator of NAMI Main Line PA for many years. Advance registration will be required through Haverford Township Adult School after January 7 at <https://www.haverfordadultschool.org/>.

Event: Main Line NAMI Virtual Interactive Workshop on Problem Solving

Date: Sunday, **April 25**, from 2-4 p.m.

Place: Virtual meeting on Zoom

Note: We will publish a complete description of this workshop presented by Edie Mannion in the coming weeks. Advance registration will be required at <https://tinyurl.com/ProblemSolving2021>.

Event: Bryn Mawr Family Member Support Group

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meetings on January 4 and February 1)

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@gmail.com for the Zoom information.

Event: NAMI Connection Recovery Support Group

Date: Meets **weekly on Tuesdays 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: **Havertown NAMI Family Support Group**

Date: Meets on the **third Tuesday of every month** from 7-8:30 p.m. (Next meetings on January 19 and February 16)

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: **Meets twice a month**, beginning at 7 p.m. (Next meetings on Jan. 11 and Jan. 26)

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: **Angst Virtual Screening & Panel** hosted by NAMI Montgomery County PA

Date: Wednesday, **January 13**, at 5:30 p.m.

Place: Virtual screening and discussion

Note: *Angst* is a film-based education program designed to raise awareness around anxiety, with an emphasis on youth and families. The film includes interviews with kids, teens, experts, and parents. The goal is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. The film will promptly be followed by a panel discussion and include access to further resources and materials. Learn more at www.angstmovie.com. To register, go to <https://tinyurl.com/y8cfh6ff>.

Event: PA Care Partnership Webinar Series "**Ride the Wave with Gab**" with Gab Bonesso

Date: Thursday, **January 14**, at 2:30 p.m.

Place: Virtual webinar

Note: Gab Bonesso’s comedy is manic, frenetic, wild yet rooted in empathy. Her origin story is full of trauma, BiPolar, anxiety, and grief. Ride the Wave with Gab Bonesso is a raw, high-energy and hilarious experience empowering people who have mental health issues and raising awareness for those who don't. For more information and to register, go to <https://tinyurl.com/ybzgj7zv>.

Event: PA Care Partnership Webinar Series “**Transforming Stigma, How to Become a Mental Health Wellness Super Hero**” with by Mike Veny

Date: Thursday, **January 21**, at 2:30 p.m.

Place: Virtual webinar

Note: Mike Veny shares his story about living with depression, anxiety, and obsessive-compulsive disorder. He will talk to us about his formula for transforming stigma and

then show us how we all can become a mental wellness superhero. For more information and to register, go to <https://tinyurl.com/y7vmh227>.

Event: **LIKE Virtual Screening and Panel** hosted by NAMI Montgomery County PA

Date: Wednesday, **February 10**, at 5:30 p.m.

Place: Virtual screening and discussion

Note: *LIKE* is a film-based education program exploring the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care ... but is that what's really happening? The film will promptly be followed by a panel discussion and include access to further resources and materials. Learn more at www.thelikemovie.com. To register, go to <https://tinyurl.com/y8cttb8n>.

Event: **Financial Strategies for Special Needs Families (Educational Webinar)**

Date: Tuesday, **March 2**, at 6:30 p.m.

Place: Virtual webinar

Note: Join Mental Health Partnerships and Mass Mutual for a virtual webinar that will teach strategies to help you prepare for the financial well-being of a loved one who has a disability or other special needs. For more information and to register, contact Mental Health Partnerships at tecinfo@mhphope.org or 267-570-3870.

Event: **The Upstanders** Hosted by NAMI Montgomery County PA

Date: Wednesday, **March 10**, at 5:30 p.m.

Place: Virtual screening and discussion

Note: *The Upstanders* is a film-based education program about resilience, attention, and the power of connection to end bullying. The film explores cyber-bullying, bullying among friends, families, co-workers and the brain science behind it all. The film will promptly be followed by a panel discussion and include access to further resources and materials. Learn more at www.theupstanders.com/. To register, go to <https://tinyurl.com/y7u5cb8f>.

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>.

**Child, Adolescent, and Transition Age Youth Mental Health Conference:
*Closing the Gap: Prioritizing the Needs of Traumatized Youth***

Join participants from across the country for NAMI Keystone Pennsylvania's annual Child, Adolescent, and Transition Age Youth Mental Health Conference, ***Closing the Gap:***

Prioritizing the Needs of Traumatized Youth. The conference is taking place virtually on Friday, **Feb. 5, 2021.**

The pandemic has left young people feeling higher levels of stress and anxiety. But the impact varies depending on background, experience, and whether a young person has a history of trauma. This conference will examine the intersection between the pandemic and complex trauma, and the role trauma plays in rising suicide rates among marginalized youth.

For more information and to register, go to <https://tinyurl.com/yanhmq3>.

News You Can Use

We updated many of our webpages in the fall, including:

- **Voluntary and Involuntary Commitment to Inpatient Hospitalization** (available at <https://namimainlinepa.org/voluntary-and-involuntary-commitment-to-inpatient-hospitalization/>).
- **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/>)

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>.

Three Ways to Manage Depression During the Winter Months at <https://www.mentalhealthfirstaid.org/2019/12/three-ways-to-manage-depression-during-winter/>

Multiple resources for **individuals with mental illness, caretakers, veterans, youth, front-line professionals**, and **diverse ethnic groups** are available at <https://nami.org/Your-Journey>.

Pennsylvania Peer Support Coalition Survey for Youth and Young Adults

The Pennsylvania Peer Support Coalition, in partnership with PMHCA and Youth Move PA, is taking steps to increase the availability of effective Peer Support for youth and young adults in Pennsylvania. Please take a few minutes to complete the following survey which will help them in understanding your thoughts, feelings, and ideas better if you are between the ages of 16 and 29: <https://www.surveymonkey.com/r/YouthYoungAdult>. Please forward the survey to your youth and young adult contacts. For more information, contact Youth MOVE PA at zack@youthmovepa.org or PA Peer Support Coalition at PPSC@wildapricot.org.

Group Urges Biden Administration to Install Peers In Top Positions, Reverse Dr. McCance-Katz's Policies

Excerpt from <http://www.petearley.com/>

"A group is urging the incoming Biden administration to appoint individuals with lived mental health experiences to leadership positions in the White House and at SAMHSA and reverse changes that [Dr. Elinore McCance-Katz](#) has implemented as the first [Assistant Secretary of Mental Health and Substance Abuse](#). For example, the group wants to strengthen the [IMD Exclusion](#), increase funding for [Protection and Advocacy](#) organizations, and restore funding for the Alternatives Conference....

"One of their most contested recommendations will be for the Biden administration to protect the IMD Exclusion, which has come under considerable attack since its passage in 1965. The exclusion prevents Medicaid payments for care provided in "institutions for mental disease" (IMDs), which are psychiatric hospitals or other residential treatment facilities that have more than 16 beds that mainly provide services to people with mental illnesses. The [National Alliance on Mental Illness](#), the largest grassroots mental health organization, supports [ending the exclusion](#), calling it discriminatory.

Pete Earley discusses these issues in more detail on his website at <http://www.petearley.com/2020/12/18/group-urges-biden-administration-to-install-peers-in-top-positions-reverse-dr-mccance-katzs-policies/>.

2020 Volunteer Appreciation

We are very grateful for our volunteers and all the good work they do. Volunteers lead our support groups, facilitate Family-to-Family, organize our workshops, forum and outreach presentations, and raise funds to support our work. Our volunteers contribute in many ways to the food work of our affiliate on behalf of people living with mental illness and their family members. We could not succeed without them!

Ivana Anderson	Sarah Freudberg	Loran Kundra
Matt Baker	Judy Green	Donna Matthews
Ellen Berman	Denise Hay	Sabrina Quinn
Andrea Brooks	Nancy Helfman	Rande Saxe
Anna Cohen	Nora Hunt-Johnson	Jean Sloan
Craig DeLarge	Peter Johnson	Danielle Sulpizio
Nancy Dever	Ed Kane	Ingrid Waldron
Amanda Falivene-Rocco	Diane Kline	Shelley Wolf

Many thanks to these volunteers, as well as some anonymous volunteers. We encourage you to join our congenial group of volunteers (<https://namimainlinepa.org/home/volunteer-with-nami-pa-main-line/>).

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in November and December, 2020.

General Contributions:

Anonymous (3)	Peter Fleischer
Ellen Berman	Donald Haupt
Amanda Falivene-Rocco	Nora and Peter Hunt-Johnson

Doris Kalan
Loran Kundra
Lesley Macphee
Claudia McBride
Judith Price
Edan Rhodes
Candy Roeder

Richard Scholl
Barbara Scolnick
Kate Smith
Total Leadership
Ingrid Waldron
William Goldman Foundation

Donation made in honor of Ellen Berman:
Judy Green

Donation made in honor of Phyllis Jacobs:
Judy Green

Donation made in honor of Allison Dodge:
Judy Green

Donation made in honor of Ed Kane:
St. Timothy's Lutheran Church

Donation made in honor of Sharon Dunoff:
Judy Green

Donation made in memory of Lisa Kugler:
Judy Green

Donation made in honor of Harma Ellens:
Judy Green

Donation made in honor of Kathy Laws:
Judy Green

Donation made in honor of Jessie Eyer:
Barbara Schick

Donation made in honor of Evan Linnett:
Andrea and Marshall Brooks

Donation made in honor of Family-to-
Family:
Donald Dwyer

Donation made in honor of Laurie and Lee
Maxwell:
Judy Green

Donation made in honor of Peter Fleischer:
Judy Green

Donation made in honor of Larry Real, MD:
Judy Green

Donation made in honor of Mo Gillen:
Judy Green

Donation made in honor of Maria Ricciuti:
Judy Green

Donations made in honor of Judy Green:
Anonymous (2)
Robert and Nancy Helfman

Donation made in memory of Rick Sando:
Judy Green

Donation made in memory of Nick
Haywood:
Judy Green

Donation made in honor of Kristine
Songster:
Judy Green

Donation made in honor of Theo Helfman:
Judy Green

Donation made in honor of all Support
Group Leaders:
Ivana Anderson

Donation made in honor of Nora Hunt-
Johnson:
Judy Green

Donation made in honor of Matt Torell:
Judy Green

Donation made in honor of Nora and Peter
Hunt-Johnson:
Jean Tickell

Donation made in honor of Walter Wallace:
Robert Garfield

Donation made in honor of Carrie Young:
Judy Green

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).

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 Main Line PA, 320 Woodley Road, Merion Station, PA 19066-1413
 or go to <https://namimainlinepa.org/donate/>.

First Name _____ **Last Name** _____

Spouse (optional) _____ **Telephone** (____) _____

Address _____ **Town** _____ **State** _____ **Zip** _____

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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

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I

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(3 digit code on the back or 4 digit code on front of card for AMEX)

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