



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

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President's Message

We hope you will join us for our online workshop, **How Problem-Solving Skills Really Can Solve Problems** on Sunday, **April 25**, 2-4 p.m. This workshop will offer guidance in problem-solving skills that can be particularly important for families that include a loved one with mental illness. It will also provide opportunities to practice these skills. Go to <https://tinyurl.com/ProbSolvingWorkshop> to register.

We encourage you to explore our informative PowerPoint presentations, available at <https://www.slideshare.net/NAMIPAMainLine/presentations>. Topics covered include:

- [ADHD in Children](#) and [ADD in Adults](#)
- [Tips for Talking about Mental Health with a Child or Teen](#)
- [Communicating with a Loved One Who Has a Mental Illness](#)
- [Balancing Compassionate Kindness with Limit Setting](#)
- [Ambiguous Loss](#)
- [Caregiver Self-Care](#)

Here’s hoping for an early spring!
 Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

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: This workshop will offer guidance in problem-solving skills that can be particularly important for families that include a loved one with mental illness. It will also provide opportunities to practice these skills. Our workshop leader, Edie Mannion, LMFT (Licensed Marriage and Family Therapist), is the co-founder/director of the Training and Education Center at the Mental Health Partnerships, a private therapist and consultant specializing in adults with mental health disorders and their families. This workshop is free and open to the public. Advance registration is 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 March 1 and April 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@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 March 16 and April 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: **Meets twice a month**, beginning at 7 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: **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: **Looking Forward to Our New Normal: Transitioning Back to Work, School & Socializing in Person**

Date: Wednesday, **March 3**, from 7-8 p.m.

Place: Presentation on Zoom

Note: The pandemic has presented us with many challenges including fear, isolation, and loneliness. What happens when we head out into a post-pandemic world? How do we lay the groundwork to focus on our own self care? Do we know what it means to acknowledge when we are not okay? What can we do to seek help as we adjust to the new normal? Please join Sheila Gillin, Minding Your Mind Clinical Director, for a discussion about the challenges ahead for all of us as we transition back to work, back to school, and back to socializing and interacting in person. For more information and to register, go to <https://mindingyourmind.org/event/community-conversations-looking-forward-to-our-new-normal/>.

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>.

Event: **The Power of Simple Interactions: Understanding and Promoting Everyday Human Interactions** with Dana Winters, Ph.D.

Date: Thursday, **March 11**, from 2:30 – 4 p.m.

Place: Virtual presentation

Note: Join the Pennsylvania Care Partnership for this presentation that will help participants understand and address a complex system of challenges and opportunities that arises when working with children and families. It is sometimes difficult to imagine how a single, small, and ordinary moment fits within these complex challenges and rising demands for outcomes, yet such moments are the most essential building blocks of a healthy community. For more information and to register, please go to <http://bit.ly/3sRDkEN>.

Event: **A Story of Hope** with Bertice Berry, Ph.D.

Date: Thursday, **March 25**, from 2:30 - 4 p.m.

Place: Virtual presentation

Note: In this presentation organized by the Pennsylvania Care Partnership, Sociologist, best-selling author, and mother of five Bertice Berry, Ph.D. argues that how we tell our story is how we are living our lives. "If we can tell better stories, we can live more productive, harmonious, and peaceful lives," Berry says. Sociological Story Telling, or using story as a means of understanding, connecting, and belonging is finding a new place among scholars and business leaders. However, Berry points out that it is also an effective tool for empowering its users to present the self they want and need others to see. For more information and to register, please go to <http://bit.ly/2MmZxtK>.

Event: **Moral Injury: Invisible Wounds and Unspoken Words** with Rev. Toneh Smyth

Date: Thursday, **April 8**, from 2:30 - 4 p.m.

Place: Virtual presentation

Note: The Pennsylvania Care Partnership has sponsored this presentation which will focus on the effects of moral injury from trauma (causal mechanisms, symptoms, behavior manifestation, psychosocial effects, and interventions). The demographic focus will be veterans with military sexual trauma, children of veterans, and family systems. It will address the gap in services as well as barriers faced. It will end with methods and current programs to address this void in interventions. For more information and to register, please go to <https://www.pacarepartnership.org/community-partners/webinar-series/tonoh-smyth-holding-page>.

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>.

Join NAMI's Ask the Experts: Help Not Handcuffs

A Webinar Series Focused on Addressing Mental Health Crises
with Comprehensive Community Responses

In the "Help, Not Handcuffs" Ask the Expert Webinar Series, NAMI welcomes experts from across the country to present, discuss, and explore strategies for diverting people with mental illness away from the justice system and toward the care that they need. This series will address the history of mental health and the justice system, past and present legislative efforts, several existing jail diversion models, and what we can expect and strive for through programs like these in the future. For more information, please go to <https://www.nami.org/Blogs/NAMI-s-Ask-the-Expert/2021/NAMI-Ask-the-Expert-Help-Not-Handcuffs>.

Legislation & Introduction to Models will take place on Thursday, **March 25**, at 4 p.m. This webinar will provide an overview of 988 legislation and the next steps at the federal and state levels. The overview will be followed by the first in a series of presentations of different models of community crisis response. Go to <https://tinyurl.com/2zrwjf6d> to register.

Introduction to Additional Models will take place on Thursday, **April 22**, at 4 p.m. This webinar will provide an overview of two additional models of crisis response that have proven effective across the country. Go to <https://tinyurl.com/5jdvvczk> to register.

Implementing a New System will take place on Thursday, **May 20**, at 4 p.m. This webinar will provide an overview of the crisis model being developed/implemented in Louisiana and will offer background on how to begin local implementation of a new crisis system. Go to <https://tinyurl.com/u2kf7nd9> to register.

News You Can Use

If you have not before, please take a look at our collection of educational [YouTube](#) videos at <https://www.youtube.com/c/NamipamainlineOrg/videos>. We hope you find these resources helpful for your education as well as for sharing to help your friends and family.

Pennsylvania has started to vaccinate against COVID-19 and is working to expand eligibility to more groups of people. For more information about **COVID-19 vaccine** eligibility and to find out how to get one, please go to <https://www.pa.gov/guides/get-vaccinated/>.

Crisis Intervention Team Training vs Alternatives Without Police: Which Is Better?

(Excerpt from www.petearley.com)

In his blog, Pete Earley explores the question of whether police should be the first responders when someone with a mental illness is in distress. Recently, [Crisis Intervention Team](#) programs have come under fire because of incidents such as the killing of [Patrick Kenny who had paranoid schizophrenia](#). The four Springfield, Oregon police officers involved in his death all had CIT training and one was a CIT instructor.

In a guest blog, Jeff Fladen, executive director of the Tennessee state chapter of the National Alliance on Mental Illness defends CIT programs, and sees them as necessary even if communities develop alternatives to having the police respond. You can read about the history and effectiveness of the estimated 400 CIT programs currently in the U.S. at <http://jaapl.org/content/early/2019/09/24/JAAPL.003863-19>.

Fladen explores the possibilities of Co-Response and Alternative Response models. In a Co-Response model, mental health professionals assist the police during a mental health crisis either in person such as a social worker writing with the police officer or remotely from a control room or crisis center. In an Alternative Response model, for a mental health crisis call where there does not appear to be an immediate danger of violence, the first responders are a medic and a crisis worker who has substantial training and experience in coping with mental health crises.

Police may not have the skills or ability to defuse and resolve mental health crises, even with CIT training. Co-Response and Alternative Response models will allow for new types of responders to become involved. Certified Peer Support Specialists, mental health clinicians and EMT may bring helpful new skills to mental health crisis situations.

Jeff Fladen argues that communities need both CIT and Co-Response models working together to develop better non-lethal approaches for both first responders and law enforcement to make encounters safer and less traumatic for all involved.

Please go to <http://www.petearley.com/2021/01/29/crisis-intervention-team-training-vs-alternatives-without-police-which-is-better/> for more information and to read the entire article.

NAMI Main Line Infographic

This infographic provides a helpful series of reminders related to “Communicating with a Loved One Who Has a Mental Illness”.

1 Begin with reflective empathic listening for insight into others lived experience.



2 Seek to understand your loved one's experience.



3 Practice focused attention. Over time, learn what works and what does not.



4 Produce understanding & the feeling of being heard.



5 When your turn, use brief questions & statements

How do you feel about that?

Can you tell me more about that?

I think we agree on the goal of...

Let me see if I have this right. Are you saying that...?

For more information and suggestions, see <https://namimainlinepa.org/communicating-with-a-loved-one-who-has-a-mental-illness/>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in January and February, 2021.

General Contributions:
Anonymous (2)
George and Rande Saxe

Donation in Honor of Wellness Chat Leaders:
Ivana Anderson

Donation in Honor of Family-to-Family:
Lawrence Real

Donation in Honor of Ingrid Waldron:
Heidi Castleman

Donation in Memory of Alexis Ariano:
Clare Ariano

Donation in Memory of Francine Block:
Anonymous

Donation in Memory of Mark Davis:
Michael Solomon

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). NAMI Main Line PA is a non-profit organization. Dues and donations are income tax deductible.

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/>.

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