



NAMI Main Line PA  
 Affiliated with National Alliance on Mental Illness  
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**NAMI Main Line PA Newsletter – May, 2021**

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**President's Message**

We hope you will join us for two events in May.

- **Gender, Sexuality and Mental Health: A Foundational Session on Identity, Expression and Common Social Bias**, on Tuesday, **May 11**, from 7-9 p.m. See below for additional information. Go to <https://tinyurl.com/GSMHPresentation> to register.
- **Workshop: The Power of Practicing Gratitude in the Face of Mental Illness**, on Sunday, **May 23**, from 2-4 p.m. See page 2 for additional information. Go to <https://tinyurl.com/PowerPracticingGratitude> to register.

To celebrate Mental Health Month in May, we hope you will [renew your membership](#), [become a new member](#), and/or make an additional [donation](#).

Ingrid Waldron, President

**NAMI Main Line PA Events and Support Groups**

Event: **Gender, Sexuality and Mental Health: A Foundational Session on Identity, Expression and Common Social Bias**

Date: Tuesday, **May 11**, from 7-9 p.m.

Place: Virtual meeting on Zoom

Note: Our presenter, Samantha King, MSW, MEd., is the Family Support and Education Specialist at the Children’s Hospital of Philadelphia’s Gender & Sexuality Development Program. For the last six years, Samantha has helped to advocate for LGBTQ individuals. During this workshop, Samantha will discuss the appropriate language and terminology related to gender and sexuality. She will help participants to better understand the differences between sex, gender identity, expression, and sexual orientation. Special time and attention will be focused on how to best support the development of our youth as they begin to navigate their own identity development. Samantha’s affirming approach to support development will highlight the specific tools families can use to ensure positive and healthy physical, mental, and emotional development of their loved ones. This program is free and open to the public, but advance registration is required at <https://tinyurl.com/GSMHPresentation>.

Event: **NAMI Main Line Workshop: The Power of Practicing Gratitude in the Face of Mental Illness**

Date: Sunday, May 23, from 2-4 p.m.

Place: Virtual meeting on Zoom

Note: This workshop will focus on building skills for integrating Gratitude Practices in everyday life while coping with mental illness. It will also provide opportunities to practice these skills while discussing and reflecting with fellow attendees. Participants will learn how the use of new approaches can help to decrease symptoms of depression, anxiety, and stress while increasing self-confidence and well-being. This workshop is designed for both caregivers and people who experience mental illness. It will be co-facilitated by Joan Sugarman and Sarah Freudberg. Joan has an MFT and has worked for many years as a mental health therapist with both individuals and families. Sarah is a teacher and a former Family-to-Family facilitator. This workshop is free and open to the public, but advance registration is required. Go to <https://tinyurl.com/PowerPracticingGratitude> to register today.

Event: **Bryn Mawr Family Member Support Group**

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meetings on May 3 and June 7)

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](mailto: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](mailto: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 May 18 and June 15)

Place: Virtual meetings 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](mailto: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](mailto: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](mailto:tecinfo@mhphope.org) or 267-570-3870.

Event: **Mental Health Awareness Webinar** hosted by NAMI Montgomery County PA

Date: Tuesday, **May 4**, from 4-5 p.m.

Place: Virtual

Note: Learn the importance of raising mental health awareness & the interplay between suicide, mental health conditions, and stigma. Information will be provided on ways to combat and reduce stigma, suicide prevention resources will be shared. This webinar will be presented via Zoom by Mark Tacelosky, PharmD, Neuroscience Senior Medical Science Liaison, Otsuka. There is no cost to attend. Registration is required at <https://bit.ly/3uaAvP3>.

Event: **Tardive Dyskinesia (TD): What is it, causes & how to live with it. Hear from actual patients**

Date: Friday, **May 7**, at 12:00 p.m.

Place: Virtual

Note: NAMI Montgomery County PA will be hosting this informative discussion. The co-presenters are Heintje A. Calara DNP, MA, RN and Dawn Vanderhoef PhD, DNP, PMHNP. There is no cost to attend, but registration is required at <https://bit.ly/3xxJTPg>.

Event: **Virtual 8th Annual CSP Conference & 43rd Annual Mental Health Awards**

Date: Tuesday, **May 11**, at 10 a.m.

Place: Virtual Conference on Zoom

Note: Open to Montgomery County residents and providers 18 years and old. Register by April 30th and include a mailing address and your preferred activities to receive conference day materials, including activity session supplies, program, and magnet. You'll have the most immersive conference experience with the ability to view video. Please contact Charlene Artillio with questions at [cartillio@montcopa.org](mailto:cartillio@montcopa.org). Register at <https://tinyurl.com/4pzbit8h>.

Event: PA Care Partnership Youth Webinar: "**Engaging Youth and Families through Pop Culture**"

Date: Tuesday, **May 11**, from 2-4 p.m.

Place: Virtual

Note: Do you struggle to engage particular youth or family members? If so, here is a question to consider. What does Megan Trainor, Lil Wayne, Jay-Z, Post Malone, Blink 182, Madden NFL, Gucci, Prada, Jersey Shore, The Voice, MMA Fighting, Taylor Swift, Facebook, Instagram, and Twitter all have in common? Answer: Influence over youth and families. This workshop will focus on using common threads in culture, identity, and individual strengths to engage youth on new levels and breakthrough to less engaged family members. Facilitators of this workshop will educate participants about what is important to youth and share how they can use components of pop culture - music, dance, sports, fashion, and social media – to better connect. For more information and to register, go to <https://tinyurl.com/hujpybch>.

Event: **Virtual 2021 PA Suicide Prevention Conference**

Date: Thursday and Friday, **May 13-14**, 2021.

Place: Online

Note: This virtual event is designed to meet the needs of professionals, survivors, and interested parties who would like to know more about suicide prevention, intervention, and meeting the needs of suicide survivors. This event is specifically designed to meet the diverse interests and

needs of attendees, while creating a powerful opportunity for networking, learning, and developing techniques to prevent suicide in the community and the Commonwealth, as well as meet the needs of those who have survived the loss of a loved one by suicide. Because the conference is virtual, attendees will have access to the recordings of all of the presentations and breakout sessions for 30 days following the event and do not need to be present during the conference dates. Registration is \$50 per person and includes access to all of sessions. Groups over 10 individuals may qualify for a discounted group rate. Please register at <https://www.preventsuicidepa.org/2021-annual-conference/>.

Event: NAMI Philadelphia's **Family-to-Family Education Program**

Date: Beginning on Wednesday, **May 19**, and meeting from 6-8:30 p.m. once a week

Place: Virtual

Note: NAMI Family-to-Family is a free, 8-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness. For more information, go to <https://www.namiphilly.org/>.

Event: **Recovery & Resilience: How to Think About Your Child's Mental Health**

Date: Wednesday, **May 26**, from 7-8 p.m.

Place: Virtual presentation

Note: Sheila Gillin, LCSW, Clinical Director of Minding Your Mind, will facilitate a discussion focused on how to think about mental health in terms of recovery and resilience. The program will feature interviews with three of our young adult speakers about their mental health journeys and will provide parents with strategies to promote resilience in their children. To register, go to <https://tinyurl.com/e96v8mbp>.

Event: NAMI Philadelphia's **Peer-to-Peer Recovery Education Program**

Date: Beginning on Thursday, **May 27**, and meeting once a week from 10 a.m.- noon

Place: Zoom

Note: NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches. For more information and to register, go to <https://www.namiphilly.org/>.

Event: **Mental Health America's 2021 Annual Conference**

Date: **June 10-12**, 2021

Place: Hybrid Event

Note: The conference will focus on the theme, "*From Resiliency to Recovery*." This will be a hybrid event consisting of a small in-person gathering and a digital conference experience. In both formats, participants will have the opportunity to learn from experts in the field and engage with valuable content. For more information and to register, please go to <https://mhanational.org/2021/annual-conference>.

Event: PA Care Partnership Webinar Series "**Healing Racial Trauma: Racial Socialization as a Clinical Strategy for Black Youth**"

Date: Thursday, June 24, from 2:30-4 p.m.

Place: Virtual

Note: For Black youth and adults, prolonged exposure to racial discrimination has resulted in debilitating psychological, behavioral, and health outcomes. To help their children prepare for and prevent the deleterious consequences of discrimination, many Black parents utilize racial socialization, or communication about racialized experiences. And, while racial socialization strategies correspond with several CBT strategies widely used by clinicians, there is a critical gap between what Black families do to mitigate discriminatory distress and what clinicians and providers offer Black youth. As such, training clinicians to more effectively utilize racial socialization processes and develop such skills to help Black youth and parents heal from the effects of past, current, and future racial trauma is important. This symposium will explore theories and practices important in the healing processes of racial trauma for Black families, clinicians, and researchers alike, especially in times of exceptional stress (e.g., COVID-19). For more information and to register, go to <https://tinyurl.com/k3mxjadt>.

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>.

### **Provide Feedback to Reduce HIPAA Barriers to Mental Health Care**

(Cross-posted from NAMI Keystone PA)

The Health Insurance Portability and Accountability Act (HIPAA) protects the privacy and security of health information. The U.S. Department of Health and Human Services (HHS) seeks to change the HIPAA Privacy Rule to allow for more flexibility in how “protected health information” (PHI) can be shared.

Your feedback is needed! Share your experience and urge HHS to finalize these changes before the **deadline: Thursday, May 6, 2021** at 11:59 PM EST. Please note: this comment period has been extended from the original March 22 deadline.

Under this proposal, health care providers would be permitted to share information and updates on a patient’s condition more easily, as long as it is considered a “good faith belief.” Additionally, health care providers would also be able to share information if it is for the purpose of preventing a “serious and reasonably foreseeable threat,” instead of the more restrictive standard of a “serious and imminent threat.”

Join NAMI to urge HHS to finalize these changes to give individuals more flexibility in sharing their information and allow for greater family involvement to improve outcomes. Go to <https://www.regulations.gov/document/HHS-OCR-2021-0006-0001> to provide feedback.

## NAMI Main Line Membership Drive during Mental Health Month

Dear Friends and Supporters of NAMI Main Line PA,

May is Mental Health Month, a great time to **Renew Your Membership** or **Join** and/or **Make an Additional Donation** to NAMI Main Line PA.

**Here are 6 Excellent Reasons to be a Member of NAMI Main Line PA. Which ones apply to you?**

1. I or a loved one received education and support from Family-to-Family, a Support Group or a virtual Workshop.
2. I feel welcomed into a community that truly understands my experience.
3. I've met other amazing volunteers who have made a difference in my life.
4. I want to advocate for those who live with mental illness and reduce stigma.
5. I want to be part of a larger organization that promotes advances in Mental Health.
6. All of the above.

Over this last challenging year, we've received many heartfelt comments on our services. Here's how people like you tell our story:

*"I find compassionate help from other group members who share their experiences without being preachy, and who provide loving and caring support for each other."*

*"I rarely miss a meeting because of the compassion and camaraderie among the members."*

*"We listen to one another and form a place to be acknowledged for our reality. We remind each other that we matter. "*

*"This was a profoundly moving and informative experience which I know will benefit not only me but my entire family."*

*"I've gotten so much more out of it than I ever imagined. "*

Please **Renew Your Membership** today, **Become a New Member** now, and/or **Make an Additional Donation** at <https://namimainlinepa.org/general-donations-and-membership/>. Keep our essential services going so that we can continue to support our community. We want to have you with us!

See all of our services on our website (add link).

We sincerely thank you for your consideration and support,



Ingrid Waldron, President



Kristine Songster, Affiliate Coordinator

PS: We recognize that some families have limited financial resources, especially now, so we want to remind you that an Open Door membership is available for \$5. A membership renewal adds 12 months to the end of your current membership term.

## May is Mental Health Awareness Month



During the month of May, NAMI and participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

We believe that these issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions. This May, our posts and tweets will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like, as well as combating stigma.

Please join us in raising awareness by following, liking and sharing our informative [Facebook](#) posts

and [tweets](#) throughout the month of May.

## Save the Date for NAMIWalks Main Line PA!



NAMI Main Line PA - United Day of Hope  
Saturday, October 9, 2020

NAMI Main Line PA will be walking again in 2021! In June we'll launch our 2021 walk season under the tag line **NAMIWalks Your Way Main Line PA**. We're planning to cap off our 2021 walk season with virtual and in-person events on **Saturday, October 9**, in conjunction with **NAMI's United Day of Hope**. Details about the October 9 events and other ways you can participate will be coming to you over the next few months.

We're excited to join with other NAMI affiliates across the country to raise awareness locally and nationally about Mental Illness, to support our affiliate, and to provide opportunities for us to connect with each other virtually and in person.

If you've been active in the broader NAMI community, you may receive information about other NAMI walks. Walk related communications from NAMI Main Line PA will always be identified as **NAMIWalks Your Way Main Line PA**. Please look for news of our activities via email, [Facebook](#) and [Twitter](#) and on our [website](#). Stay tuned for more news to come about **NAMIWalks Your Way Main Line PA**. For a taste of what is to come see our new Walk Website here [namiwalks.org/mainlinepa](http://namiwalks.org/mainlinepa)

Get ready to walk with us!

**Thank You to Our Generous Donors**

We are grateful to the following donors who made contributions in March and April, 2021.

General Contributions:

Rachel Hall  
Linda Hasert  
John Judge  
Michael Solomon

Donation in Memory of Joseph Panichelli:

Judy Green

Donation in Honor of Maria Ricciuti:

Judy Green

Donation in Honor of Mo Gillen:

Judy Green

Donation in Memory of Kenneth Werner:

Andrea and Marshall Brooks

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. 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/>.

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Spouse** (optional) \_\_\_\_\_ **Telephone** (\_\_\_\_) \_\_\_\_\_

**Address** \_\_\_\_\_  
Street Town State Zip

**Email** \_\_\_\_\_ **County** \_\_\_\_\_

**Payment Information:**

**Dues** \_\_\_\_ \$60 Household \_\_\_\_ \$40 Individual \_\_\_\_ \$5 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 Main Line PA is a non-profit organization under Section 501(c)(3) of the IRS Code.  
**Dues and donations are income tax deductible.**