



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

| Table of Contents | |
|---|--|
| President’s Message – page 1 | Research Study Participants for SSBC Clinical Study – page 5 |
| NAMI Main Line PA Events/Support Groups – pages 1-2 | NAMIWalks Main Line PA – page 6 |
| Other Virtual Events/Support Groups – pages 2-3 | 2021 NAMI Convention – page 6 |
| Recent Insights Concerning Diagnosis of Mental Illness – page 4 | Minority Mental Health Month – page 7 |
| Clinical Trial Participants Needed – pg. 5 | Donor Thank You – page 8 |
| | Membership Form – page 8 |

President's Message

We hope you will join us for our **NAMIWalks Your Way Virtual Kick-Off** on Monday, **June 28**, from **7-8 p.m.** Learn more about our hybrid walk, tools and resources, fundraising and our new recognition program. Please **register** for the meeting in advance at <https://tinyurl.com/MainLineKickOff>.

We encourage you to read our website resources, including:

- [Communicating with a Loved One Who Has a Mental Illness](#)
- [Resources for Coping with, Preparing for, and Preventing a Crisis](#)
- [Voluntary and Involuntary Commitment to Inpatient Hospitalization](#)
- [How to Get Government Services](#)

and much more at <https://namimainlinepa.org/info-resources/mi-help/>.

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: **NAMIWalks Your Way Main Line PA Virtual Kick-Off**

Date: Monday, **June 28**, from 7-8 p.m.

Place: Virtual meeting on Zoom

Note: Please join us for an inspiring NAMIWalks Your Way Virtual Kick-Off. Learn more about our hybrid walk, tools and resources, fundraising and our new recognition program. We have a wonderful speaker joining us to share her "Why I Walk" story. We'll also have time for Q & A. Stay until the end and you'll be entered to win a fun door prize. Please **register** for the meeting in advance at <https://tinyurl.com/MainLineKickOff>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meeting on July 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 July 20 and August 17)

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.

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

Date: **Meets twice a month**, beginning at 7 p.m. (Next meeting on July 22)

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 their on-going Zoom wellness chats. Please contact Judy at F2FMainLine@aol.com for the meeting information.

Event: **NAMIWalks Your Way Main Line PA**

Date: Saturday, **October 9**, from 8 a.m. - noon

Place: Hybrid event taking place online and at Ashbridge Park in Bryn Mawr

Note: Save the date for our inaugural *NAMIWalks Your Way Main Line PA* hybrid walk on October 9. We invite all former and future team captains, walkers and supporters to [register](#) and [create](#), [join](#) or [donate](#) to a NAMIWalks Main Line PA team. Learn more on NAMI Main Line’s PA’s all new walk website: NAMIWalks.org/MainLinePA.

Other Virtual Events and Support Groups

Event: Lifespan Brain Institute of CHOP and UPenn Open House, “**Early Psychosis Innovations: Risk, Resiliency, and Recovery**”

Date: Saturday, **June 26**, from **10:00 a.m. – 1:00 p.m.**

Place: Virtual

Note: The Open House – centered around their psychosis research and treatment programs – will consist of lectures, information sharing and a panel discussion. This event is open to all, including clinicians, research participants, patients and families/friends of

patients/participants. To register, visit <https://redcap.link/crvzlwbo>. A full schedule of speakers is available on the registration page. A Zoom link will be sent to registered attendees prior to the Open House.

Event: **Montgomery County Human Services Block Grant Public Hearings**

Date: Tuesday, **June 29**, at 10 a.m.

Place: Virtual

Note: Montgomery County Health and Human Services needs the assistance of residents, organizations and service providers in Montgomery County to help them identify local needs and strategies in the areas of mental health, intellectual disabilities, homeless assistance, substance use disorder, and other human services as they submit their plan for the upcoming fiscal year. [Click here](#) to register. For information about the Block Grant Plan, please go to <https://www.montcopa.org/2882/Reports>.

Event: PA Care Partnership will present **“Who is in the Room? Supporting LGBTQ+ Community Conversations on Sexuality and Gender”**

Date: Tuesday, **June 29**, from 2:30- 4 p.m.

Place: Virtual

Note: This presentation will explore the various aspects of sex, gender, orientation, utilizing the latest information in biology and social science. Many people are at a loss regarding the language and terminology for sexual diversity, as terms can be complex and confusing. However, Individuals who identify as LGBTQ+ have experiences across their lifetime that differ from those who are cisgender and/or heterosexual. Thus, it becomes increasingly important to understand what specific terms mean and use accurate language, no matter our political, theological, or social perspective, so that those who identify as LGBTQ+ do not need to constantly educate those around them. Register for this free event at <https://bit.ly/3uH0OfC>.

Event: **Adult Mental Health First Aid**

Date: Tuesday, **July 20**, from 8:30 a.m.- 3:30 p.m.

Place: Virtual

Note: Mental Health First Aid (MHFA) is a public education program that teaches the skills needed to identify, understand, and respond to signs of behavioral health challenges or crises. First Aid is given until appropriate supports are received. For more information and to preregister, please go to <https://fivecountymh.org/mhfa-virtual-trainings-registration.html>.

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>.

Recent Insights Concerning the Diagnosis of Mental Illness

(<https://namimainlinepa.org/recent-insights-concerning-the-diagnosis-of-mental-illness/>)

When a person with mental illness receives a change in diagnosis, this is often troubling to them and their family members. Recent research indicates that a change in diagnosis may be due to the nature of mental illness. Considerable evidence indicates that the familiar diagnostic categories (e.g. schizophrenia and bipolar disorder) are not nearly as distinct as we once believed. A person who meets the criteria for one diagnosis often also meets the criteria for another diagnosis simultaneously and/or later in life. Longitudinal studies with careful, standardized diagnoses have found that “Most mental disorder life histories involve different successive disorders.” “Every disorder is associated with elevated risk for every other disorder” (<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2764602>). The following excerpts provide additional insight.

Excerpts from “The Hidden Links between Mental Disorders” by Michael Marshall, *Nature* **581**, 19-21 (2020) (<https://www.nature.com/articles/d41586-020-00922-8>).

“In 2018, psychiatrist Oleguer Plana-Ripoll was wrestling with a puzzling fact about mental disorders. He knew that many individuals have multiple conditions — anxiety and depression, say, or schizophrenia and bipolar disorder. He wanted to know how common it was to have more than one diagnosis, so he got his hands on a database containing the medical details of around 5.9 million Danish citizens. ... Every single mental disorder predisposed the patient to every other mental disorder — no matter how distinct the symptoms.”

“... scientists have piled up an enormous amount of data over the past decade, through studies of genes, brain activity and neuroanatomy. They have found evidence that many of the same genes underlie seemingly distinct disorders, such as schizophrenia and autism...”

“... The idea that mental illness can be classified into distinct, discrete categories such as ‘anxiety’ or ‘psychosis’ has been disproved to a large extent. Instead, disorders shade into each other, and there are no hard dividing lines ...”

“... most psychiatrists agree that one thing is clear: the old system of categorizing mental disorders into neat boxes does not work....”

“... Since the 1950s, psychiatrists have used an exhaustive volume called the *Diagnostic and Statistical Manual of Mental Disorders*, currently in its fifth edition. It lists all the recognized disorders, from autism and obsessive–compulsive disorder to depression, anxiety and schizophrenia. Each is defined by symptoms. The inherent assumption is that each disorder is distinct, and arises for different reasons. ... Few patients fit into each neat set of criteria. Instead, people often have a mix of symptoms from different disorders. Even if someone has a fairly clear diagnosis of depression, they often have symptoms of another disorder such as anxiety. ...”

“Clinically, the evidence that symptoms cut across disorders — or that people frequently have more than one disorder — has only grown stronger. For this reason, although individual symptoms such as mood alterations or impairments in reasoning can be diagnosed reliably, assigning patients to an overall diagnosis such as ‘bipolar disorder’ is difficult.”

“Some psychiatrists are already trying to reimagine their discipline with dimensions in mind. In the early 2010s, there was a [push to eliminate disorder categories from the DSM-5](#) in favour of a ‘dimensional’ approach based on individual symptoms. However, this attempt failed — partly because health-care funding and patient care has been built up around the *DSM*’s categories....”

“The studies reveal that no individual gene contributes much to the risk of a psychopathology; instead, hundreds of genes each have a small effect. A 2009 study found that thousands of gene variants were risk factors for schizophrenia. Many were also associated with bipolar disorder, suggesting that some genes contribute to both disorders.”

**Research Study Participants Needed for Clinical Trial
Neurodevelopment and Psychosis Section at the
Perelman School of Medicine at the University of Pennsylvania**

There is a new NIMH supported clinical trial within the Neurodevelopment and Psychosis Section at the Perelman School of Medicine at the University of Pennsylvania in need of participants. The purpose of this research is to test an experimental drug (CVL-562) as a possible cognitive enhancer for early-course schizophrenia or related psychotic disorders. You may be eligible to participate in a no-cost and confidential study that looks at the impact on how the brain supports memory and thinking in people with early episode Schizophrenia. To qualify, you must be: 18 to 45 years old, recently diagnosed with Schizophrenia, Schizoaffective, or Schizophreniform disorder, and willing to participate in a potential treatment study using a novel experimental medicine to improve cognition and thinking. Participants may be compensated up to \$1,455. To learn more or to see if you are eligible to participate, call (215) 301-8951 or email Jasmine.Richards@penmedicine.upenn.edu.

**Research Study Participants Needed for
Schizophrenia Spectrum Biomarkers Consortium (SSBC) Clinical Study**

This is a clinical research study to identify biomarkers for schizophrenia and related mental illnesses. A biomarker is a measurable factor (like a protein, hormone or brain activity pattern) that can indicate the presence or risk of a health condition or a change in the condition. The goal of this study is to understand the brain changes over time in people who develop schizophrenia and related conditions compared to those who do not. This research is necessary to develop more effective and time-sensitive treatments in the future. Study participants will complete questionnaires and cognitive screenings, physical examinations, and neuroimaging as well as giving biological samples including blood and cerebrospinal fluid. Participants will be engaged with the study for a minimum of 6 months and a maximum of three years. Participants will receive compensation for completing study procedures and reimbursement for travel costs.

Participants may be eligible for this study if they:

- Are aged 18-40 with a diagnosis of schizophrenia or a related psychosis condition
- Are aged 18-30 with symptoms that place them at “clinical high risk” for schizophrenia or a related psychosis condition
- Are currently stable, with no imminent risk of harm to self or others
- Do not have a history of clinically significant autoimmune disease
- Have not experienced a substance use disorder within the past six months

Other eligibility requirements may apply. The study is seeking to enroll at least 45 participants each year. If you have questions or would like more information, please refer to the study website at <https://ssbcbio.org/> or contact the researchers by email at thohing@penmedicine.upenn.edu or by phone at (267) 586-0771.

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.

Registration for the NAMI National Convention is Open



Attend NAMI's two-day event dedicated to informing the mental health community with resources, research and support. Even if you may not be able to attend the event, all NAMICon sessions will be available to registrants on demand until the end of 2021, providing you with exclusive access to view recordings any time that's convenient for you. This year's NAMICon will include a [Special Fireside Chat](#) with Michelle Williams, singer, songwriter and former Destiny's Child member, including a chance to receive a free copy of her new book, *Checking In: How Getting Real about Depression Saved My Life — and Can Save Yours*; A [Special Research Plenary](#) with Dr. Joshua A. Gordon, Director of the National Institute of Mental Health; more than 30 workshop sessions in five different program tracks — view the complete listings of [sessions and descriptions](#); live Q&As with workshop presenters, etc. For more information and to register, please go to <https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>.

July Is Bebe Moore Campbell National Minority Mental Health Awareness Month
Also known as BIPOC (Black, Indigenous and People of Color) Mental Health Month

Mental Health America has released their 2021 [Bebe Moore Campbell National Minority Mental Health Awareness Month toolkit](#) which will examine community-developed systems of support created to fill in gaps within traditional systems that may overlook cultural and historical factors which impede BIPOC mental health. It explores three topic areas: community care, self-directed care, and cultural care and why these types of care are valid and valuable choices people can make for their mental health. In the future, Mental Health America plans to replace the term "minority" with BIPOC (Black, Indigenous, and People of Color). 42% of the US population are people of color. Below are a few useful resources from the toolkit. Additional resources, including a link to download the toolkit, can be found at <https://mhanational.org/BIPOC-mental-health-month>.

Therapy for Black Girls: Online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area.

- [Therapist Directory:](#) Find trusted therapists that can help you navigate being a strong, Black woman; can search for an in-office therapist by your location or a virtual therapist.

Therapy for Black Men: Primarily a therapist directory for Black men seeking therapy; includes some resources and stories.

- [Therapist Directory](#)

Therapy for Latinx: National mental health resource for the Latinx community; provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health.

- [Therapist Directory](#)
- [Book Recommendations](#)

The Trevor Project: An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

- [TrevorLifeline/Chat/Text:](#) 24/7 support via phone, text, or online instant messaging.

Please see the following resources for more information about BIPOC Mental Health Month:

- For more information about minority mental health awareness resources, go to <https://www.nami.org/minoritymentalhealth>
- Diverse communities often face stigma and misinformation that prevents them from receiving mental health care. For more info, go to www.nami.org/Find-Support/Diverse-Communities
- For helpful tips on finding a culturally competent provider, go to <http://bit.ly/2i6oolA>
- A faith-based African-American perspective on mental illness is available at <http://bit.ly/1FVI4Qm>
- A great infographic from NAMI on Multicultural Mental Health Facts can be found at <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>
- Stories highlighting cultural perspectives and experiences in mental health are available at <http://bit.ly/2qXZMjf>
- [Watch the new three-part docuseries, *Strength Over Silence: Stories of Courage, Culture and Community*](#). NAMI explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in May and June, 2021.

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If you would like to make a contribution to our affiliate, please go to <http://namipamainline.org/donate-here/> or use the included form.

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
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