



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

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President’s Message

We hope you will join us for our fall programs:

- **The Basics of Trauma and Trauma Recovery** on Sunday, **September 26**, 2-4 p.m. [Click here](#) to register for this online forum presented by Edie Mannion.
- **Family-to-Family**, beginning in mid-late September and meeting virtually one evening per week for 8 consecutive weeks. For more information and to register, contact F2FMainLine@aol.com.
- **America’s Mental Health Madness**, presented by **Pete Earley**, on Tuesday, **October 5**, 7-8 p.m. at West Chester University (cosponsored with NAMI on Campus WCU and other university and community sponsors).
- **NAMIWalks Your Way** on Saturday, **October 9**, at 9 a.m. at Ashbridge Park in Bryn Mawr.

Additional information on our fall programs is available on pages 1-2 and 7.

We encourage you to read our website resources, including:

- [A Strategy to Help Persuade Your Insurer to Pay for Mental Health Care](#) (a new page)
- [Resources for Helping Children/Teens Succeed in School](#) (in the middle of the linked page)
- [Resources for Succeeding in College](#) (at the bottom of the linked page)

Additional information on these topics is available on pages 6-7.

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: **Family-to-Family Education Program**

Date: Beginning in **mid to late September** and meeting once per week for 8 consecutive weeks

Place: Zoom

Note: Family-to-Family (F2F) is a course structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is taught by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. F2F is offered as a community service without charge. Registration is required. For more information and to register, please contact Judy Green at F2FMainLine@aol.com.

Event: Main Line NAMI Forum: **The Basics of Trauma and Trauma Recovery** with Edie Mannion, LMFT

Date: Sunday, **September 26**, from 2-4 p.m.

Place: Virtual forum on Zoom

Note: Life is full of adversity, so many of us have experienced trauma or care about someone who has. However, we may not be aware of all the different types of trauma and the explosion of research on its effects on the brain and body, as well as what helps people bounce back, recover or even grow from trauma-related disorders. This forum will provide an overview with some video clips of the key points to know about trauma, followed by a question-and-answer session. Our presenter, Edie Mannion, LMFT, is in private practice and is associated with the DBT Center of Greater Philadelphia. She has more than 38 years of experience working with families, couples and individuals. This event is free, but advance registration is required at <https://tinyurl.com/BasicsofTrauma>. We will open the meeting early to admit participants so that we can begin promptly at 2 p.m. For more information, please contact us at nami.main.line.pa@gmail.com.

Event: **America's Mental Health Madness** with Pete Earley

Date: Tuesday, **October 5**, from 7-8:00 p.m.

Place: West Chester University's Emilie K. Asplundh Concert Hall (700 South High Street in West Chester, PA 19383)

Note: As part of Mental Illness Awareness week, NAMI on Campus WCU, in partnership with the WCU Office of the President, Chester County Mental Health/ Intellectual & Developmental Disabilities Program Office, NAMI Main Line PA, and other university and community sponsors, is hosting "America's Mental Health Madness", with guest speaker Pete Earley, a nationally known journalist and author. Pete will use his personal experiences trying to help his adult son after a psychotic break to expose what works and doesn't in our mental health care system. He will explain why jails and prisons have replaced our mental asylums, why this is wrong, and what eventually helped his son fully recover after being arrested, tasered by police, and years of hospitalizations. He will share an inspirational journey from despair to triumph. The event is free and open to the public, but advance registration is required at <https://www.eventbrite.com/e/mental-illness-awareness-pete-earley-tickets-154835931439>.

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: 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.

Event: Main Line NAMI Workshop: **Now What? Life After Diagnosis.**

Date: Sunday, **November 14**, from 2-4 p.m.

Place: TBD

Note: Join our NAMI Connection group facilitators, Danielle Sulpizio and Ed Kane, for a helpful workshop about what comes after you or a loved one receives a diagnosis. This workshop is still being developed and a complete description will be posted on our website in the coming weeks. For more information, please visit <https://namimainlinepa.org/events/>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m.

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.

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.

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.

Other Virtual Events and Support Groups

Event: Montgomery County System of Care Back to School Series: **Question, Persuade, Refer Suicide Prevention Training**

Date: Wednesday, **September 8**, from 6:30-8 p.m.

Place: Virtual training on Zoom

Note: QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. This Gatekeeper Training prepares attendees to: recognize the warning signs of suicide, ask someone about suicidal thoughts, and offer and connect to help. This session will be presented by Anna Trout, from the Office of Mental Health, and Jess Fenchel, from Access Services. Preregistration is required at <https://bit.ly/3mxL9yE>.

Event: Montgomery County System of Care Back to School Series: **Protective Power of Parents to Keep Young People Safe and Build Them to be their Best Selves**

Date: Monday, **September 13**, from 6:30 - 8 p.m.

Place: Virtual event on Zoom

Note: Dr. Ken Ginsburg from CHOP will speak about the critical importance of parents in the lives of adolescents. It is the security of your love that allows young people to launch successfully into an uncertain future. It is your high expectations that hold them accountable, keeps them safe, and shapes them to become their best selves. The best way to protect your child is to prepare them to manage life's complexities while establishing clear boundaries beyond which they cannot stray. Your modeling of self-care and healthy stress management strategies that teaches them to get through tough times. Listen to remind yourself how much you matter. If you have younger children, now is the time to invest in building wise, strong children who will thrive through adolescence and beyond. Preregistration is required at <https://bit.ly/3yccKaN>.

Event: Montgomery County System of Care Back to School Series: **Positive Parenting Strategies for Less Worrying and More Connection**

Date: Wednesday, **September 22**, from 6:30 - 8 p.m.

Place: Virtual event on Zoom

Note: Join Dr. Katherine Dahlsgaard, Licensed Clinical Psychologist and founder/director of Brave is Better, for a discussion on positive parenting strategies that will lead toward more connection and less worry. Preregistration is required at <https://bit.ly/3sPVgjt>.

Event: Montgomery County System of Care Back to School Series: **A Discussion to Support Family and Youth Wellness**

Date: Wednesday, **September 29**, from 6:30 - 8 p.m.

Place: Virtual event on Zoom

Note: Join Montgomery County in a panel discussion about ways family and youth wellness can be supported during this unique transition back to school. Panelists include representatives from Access Services, Family Worx, NAMI, and the Office of Behavioral Health. Preregistration is required at <https://bit.ly/3jdG1xK>.

Event: **America's Mental Health Madness** with Keynote Speaker Pete Early

Date: Tuesday, **October 5**, from **7-8:00 p.m.**

Place: West Chester University's Emilie K. Asplundh Concert Hall (700 South High Street in West Chester, PA 19383)

Note: As part of Mental Illness Awareness week, NAMI on Campus WCU, in partnership with the WCU Office of the President, Chester County Mental Health/ Intellectual & Developmental Disabilities Program Office, and other university and community sponsors, including NAMI Main Line PA, is hosting "America's Mental Health Madness", with guest speaker Pete Earley, a nationally known journalist and author. Pete will use his personal experiences trying to help his adult son after a psychotic break to expose what works and doesn't in our mental health care system. He will explain why jails and prisons have replaced our mental asylums, why this is wrong, and what eventually helped his son fully recover after being arrested, tasered by police, and years of hospitalizations. He will share an inspirational journey from despair to triumph. The event is free and open to the public, but advance registration is required at <https://www.eventbrite.com/e/mental-illness-awareness-pete-earley-tickets-154835931439>.

Event: **Mental Health and Youth Mental Health First Aid Trainings for Fall 2021**

Date: Various

Place: Online and in-person options

Note: The SE Regional Mental Health Services now offers three platforms for conducting Mental Health First Aid classes through the National Council. They are Virtual, Blended and In-Person training. Mental Health First Aid teaches you how to identify, understand and

respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Courses are available in September – December. For more information about the program, the course schedule, and to register, please go to <https://www.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/31eB27j>; 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/>.

September is Suicide Prevention Month

TOGETHER
for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

nami.org/suicidepreventionmonth

September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicide Prevention Resources:

- If you or someone you know is having a mental health emergency:
 - call [The National Suicide Prevention Lifeline](https://www.nimh.gov/2019/08/01/national-suicide-prevention-lifeline) at 800-273-TALK (8255) to be referred to the closest crisis center or call 911. For Spanish speakers, call 888-628-9454. You can also text TALK to 741-741 for immediate support via texting.
 - or call your **local crisis line**; in Southeastern PA see <https://namimainlinepa.org/crisis-numbers/>. These crisis lines provide access to staff who are specifically trained for dealing with mental health crises and may provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an evaluation, and/or make referrals as needed.
- NAMI Main Line has compiled resources for **Coping with and Preparing for a Crisis** at <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.

- **Warm Lines** offered by counties provide one-on-one support (in Southeastern PA, see <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>).
- NAMI National has helpful information about the [risk of suicide](#) and [preventing suicide](#).
- SAMHSA has prepared [Helping Your Loved One Who is Suicidal: A Guide for Family and Friends](#) which provides information on understanding suicide, warning signs and action steps to take, and ways to prevent future attempts and keep your loved one safe.
- **Additional advice** is available at <https://namimainlinepa.org/suicide-prevention-coping-with-the-aftermath/>
- Healthy Minds with Dr. Jeffrey Borenstein has created a **video on Suicide Prevention** at <https://tinyurl.com/yanemdyo>.

Mental Health Screening Tools

If you are wondering whether it would be advisable to seek professional help, these screening tools can help you evaluate your situation (or your child's).

- Online screening tools for Adults, Adolescents and Parents (many tools are also available in Spanish: <http://www.mentalhealthamerica.net/mental-health-screening-tools>)
- Online screening tool for behavioral health: <http://screening.mentalhealthscreening.org/cityofphila>
- Online screening tools in Spanish (Pruebas de Salud Mental): <http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol>

Back to School Resources for Children and Teens

The new school year beginning can invoke a mixture of feelings from excitement, to stress and anxiety for students, parents and teachers, especially now as we continue to deal with uncertainty brought on by the pandemic. Below are some resources available to help make the transition back to school successful:

- Heading back to school after the summer break can be a stressful time for children and parents. Experts at John's Hopkins have put together **Tips to Ease Back to School Anxiety** at <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-tips-to-ease-backtoschool-anxiety>
- NAMI National shares information on **Ensuring Your Child is Supported at School** at <https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School>.
- Mental Health First Aid discusses four tools you can use to **boost mental health at school** at <https://www.mentalhealthfirstaid.org/2018/08/4-tools-to-boost-your-mental-health-at-school/>.
- Mental Health America's **Back to School toolkit**, "Facing Fears, Supporting Students," aims to help students, parents, and school personnel recognize how feeling unsafe can impact mental health and school performance, and what can be done to help young people who are struggling with their mental. To download the toolkit, go to <https://mhanational.org/back-school>.
- Rogers Behavioral Health has several informative downloads available at <https://rogersbh.org/resources>.
- NAMI Main Line has compiled information about national, Pennsylvania and greater-Philadelphia-area **resources to help children, teens and young adults who are living with mental health needs**, as well as their family members at <https://namimainlinepa.org/support/services-for-children-and-teens/> and <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>.

Back to School Resources for College

Did you know that 75% of mental health conditions begin by age 24? That's why the college years are so important for understanding and talking about mental health. NAMI National has created a guide and video, "Starting the Conversation: College and Your Mental Health" (available at <https://nami.org/collegeguide>; developed in partnership with The Jed Foundation).

NAMI National has also prepared resources such as disclosing your mental health condition and requesting accommodations and tips for succeeding in college at <https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>.

New Webpage: A Strategy to Help Persuade Your Insurer to Pay for Mental Health Care

Health insurance coverage for mental health care, including treatment for substance use disorders and a wide range of other conditions, may not be as straightforward as claims for physical health care. We have posted a new page on our website, where you'll find information and suggested additional resources that may be helpful in filing claims and in securing coverage that you are entitled to — under your policy and under the law. Please see the page at <https://namimainlinepa.org/a-strategy-to-help-persuade-your-insurer-to-pay-for-mental-health-care/>.

Please note that this information was reposted with permission from a handout prepared by Austin Riggs Center, The Kennedy Forum, and DeBofsky, Sherman, Casciari and Reynolds.

It's Time to Register for NAMIWalks Main Line PA!



When you walked with us in previous years, you probably discovered that there's virtually nothing we can't do when we put our minds and walking shoes together.

We invite you to add your inspiration to this year's event, **NAMIWalks Your Way Main Line PA**, on Saturday, October 9th, as we strive for *Mental Health for All*. We ask you to **register today** at <https://www.namiwalks.org/mainlinepa>. The earlier you join 2021's effort, the greater our momentum moving forward!

Below is the new NAMIWalks T-shirt—featuring our perennial theme, *Mental Health for All*—which you'll get for raising \$100. Check out the [additional gifts](#) you can earn as well.



We thank you for committing today, or, if you can't join us in person or virtually, for contributing what you can at <https://www.namiwalks.org/mainlinepa>.

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.

Thank You to Our Local 2021 NAMIWalks Sponsors!

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Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in July and August, 2021.

General Contributions:

Gilbert and Monica Mateer

In Memory of Paul Schick:

Barbara Schick

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 or go to <https://namimainlinepa.org/donate/>.

First Name _____ **Last Name** _____

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

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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: _____

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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.**