



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

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President's Message

We hope you will join us for **Expanding our Understanding of Trauma and Trauma Recovery** on Sunday, **November 14**, 2-4 p.m. [Click here](#) to register for this online forum presented by Edie Mannion.

We are very grateful for your generous support for our NAMIWalk. We have raised over \$55,000 and reached 92% of our goal. Our [walk webpage](#) is still open for donations, if you would like to support our affiliate programs and help us reach our walk fundraising goal.

We encourage you to make use of our website resources, including:

- [Trauma & Trauma Recovery – Hope for Healing & Growth](#) (a new page)
- [Mental Health Books for Children and Teens and their Parents](#) (possible holiday gifts)

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: Main Line NAMI Forum: **Expanding our Understanding of Trauma and Trauma Recovery** with Edie Mannion, LMFT

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

Place: Virtual forum on Zoom

Note: The forums and workshops NAMI Main Line PA presents are informed by the needs and requests of our community, and so is the case with this requested follow-up to the forum, *The Basics of Trauma and Trauma Recovery*. Edie Mannion, LMFT, from the DBT Center of Greater Philadelphia, will provide, as she did earlier in the fall, a framework to explore and expand our understanding of trauma, trauma treatments and trauma recovery. On Nov. 14th, she will briefly review what she presented in the September webinar, then build on that framework for understanding trauma, trauma disorders, trauma treatments and trauma recovery by addressing questions and encouraging discussion. Upon registering, you will receive the slides from her previous webinar, which we ask you to review, and then submit your questions or comments to nami.main.line.pa@gmail.com. Your input will guide the discussion. This event is free, but advance registration is required at <https://tinyurl.com/ExpandingTrauma>. 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: **Bryn Mawr Family Member Support Group**

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

Place: Virtual meetings 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.** (*No meeting on 11/24)

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 **first and 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. (Next meeting on December 2)

Place: Virtual meetings 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: Webinar: **Successful Strategies for Self-Advocacy**

Date: Tuesday, **November 2**, from noon-2 p.m

Place: Virtual event on Zoom

Note: Achieva Family Trust is hosting a two-part webinar series on **Successful Strategies for Self-Advocacy**. Part 1 was held on October 6. [Click here](#) to access the recording. In Part 1, participants received an overview of the basics for successful strategies when advocating for issues of importance for people with disabilities as well as the basic strategies related to advocating across disability groups. In Part 2, participants will hear from a panel of self-

advocates as they discuss the importance of the involvement and support for self-advocates in advocacy efforts. They will review the principles of self-awareness, self-advocacy, and self-determination for optimal outcomes. Advance registration is required for [Part 2](#).

Event: **Trauma-Informed Practice, Help that HELPS!**

Date: Wednesday-Friday, **November 3 - 5**, from 10:00 a.m. to 12:00 p.m.

Place: Virtual workshop on Zoom

Note: Are you someone who has been asking “Trauma Informed Care” – what does it mean? Is it more than awareness? Does it translate into action? This training is designed to answer your questions and provide practical guidance about how to support people in a trauma-informed way. Presenter, Mary Gregorio, MA, will emphasize the use of relationships to support healing and growth while also identifying tools to help build resilience and emotional regulation. The training is relevant to all supporters of children and adults who have experienced traumatic events. This training is being offered by the Montgomery County Health and Human Services Behavioral Health Training Institute. For more information and to register, please [click here](#).

Event: **[Our Future in Mind: Mental Health Summit](#)**

Date: Friday and Saturday, **November 5**, from 5-8 p.m. and **November 6**, from 12-6 p.m.

Place: Virtual

Note: Join Mental Health America and IDONTMIND, in partnership with YouTube, for this live-streamed event which will lay the groundwork for your entry to activism with real examples, real people, and real inspiration. Sessions will cover a variety of topics like equity and disability in mental health, using social media for good, and LGBTQ+ leadership and wellness. For more information and to register, [click here](#).

Event: **Supporting Transgender and Gender Expansive People Across the Age Span: Best Practices for Care**

Date: Tuesday, **November 9**, from 10:00 a.m. to 12:00 p.m.

Place: Virtual training on Zoom

Note: During this two hour training presented by Samantha King, MSW, MEd, from the Gender & Sexuality Development Program, The Children’s Hospital of Philadelphia, providers will increase their knowledge, skills, and comfort providing care to the transgender community. Our presenter will highlight language, terminology, and points of gender emergence so providers can offer affirming care across the lifespan. Best practice guidance will focus on how to create environments that are welcoming, safe, and supportive for transgender and gender expansive clients. This training is being offered by the Montgomery County Health and Human Services Behavioral Health Training Institute. For more information and to register, please [click here](#).

Event: **Virtual Future Planning Conference**

Date: Wednesday, **November 10**, from 8:30 a.m.-3 p.m.

Place: Virtual

Note: Achieva Family Trust will host this conference which will discuss future planning with special needs trusts, understanding government benefits, decision making, housing options and more. To register, [click here](#).

Event: **Understanding Voices through a Human Perspective** (Adult and Young Adult)

Date: Monday and Tuesday, **November 15 and 17**, from 10:00 a.m. to 12:00 p.m.

Place: Virtual training on Zoom

Note: We all seek meaning — how to make sense of our experience. People who hear voices are no different. This training, presented by Tracey Riper-Thomas, BS,CPS, Jason Matlack, CPS, Annie Stafford, CPS and Peggy Maccolini, MS, CPRP, is for supporters (therapists, recovery coaches, peer specialists, residential staff, people with lived experience or family members) who are interested in learning more about the hearing

voices experience, both adults and young adults. The training incorporates information about the Hearing Voices Network approach and its research, as well as the personal stories of the presenters. This training is being offered by the Montgomery County Health and Human Services Behavioral Health Training Institute. For more information and to register, please [click here](#).

Event: NAMI Keystone PA's **2021 Pennsylvania Mental Health and Wellness Conference**

Date: Thursday, **November 18**, from 8 a.m. – 4 p.m.

Place: Virtual

Note: NAMI CEO Daniel H. Gillison, Jr., will interview Shanti Das, founder of [Silence the Shame, Inc.](#), a movement aimed at normalizing the conversation about mental health. The conference will also feature artist Dese'Rae L. Stage, creator of [Live Through This](#), a documentary-style multimedia storytelling series that aims to reduce prejudice and discrimination against suicide attempt survivors. Workshop sessions will cover important topics like QPR, telehealth, family crisis planning, and more. [Visit the Conference Webpage](#) for more information and to register.

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 November and 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/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/>.

Pennsylvania Mental Health and Wellness Conference



Join NAMI Keystone PA for their **2021 Pennsylvania Mental Health and Wellness Conference** that's taking place virtually on Thursday, **Nov. 18**, 2021. NAMI CEO Daniel H. Gillison, Jr., will interview Shanti Das, founder of [Silence the Shame, Inc.](#), a movement aimed at normalizing the conversation about mental health. The conference will also feature artist Dese'Rae L.

Stage, creator of [Live Through This](#), a documentary-style multimedia storytelling series that aims to reduce prejudice and discrimination against suicide attempt survivors. Workshop sessions will cover important topics like QPR, telehealth, family crisis planning, and more. [Visit the Conference Webpage](#) for more information and to register.

Resources for Successful Holidays

The holidays can be a particularly difficult time for many with challenges ranging from family conflict to loneliness and isolation. Though challenging, the holidays can still be a time of celebration, community and comfort when we access the right resources and practices. To aid your safety planning for the holidays, we have included a collection of articles that will help:

- Crisis Prevention & Management for the Holidays (and year round), from 2017 workshop by Dr. Ellen Berman and Amanda Falivene-Rocco, LPC, CPRP: <https://bit.ly/2Tuluaj>
- Avoiding Holiday Stressors, by Jessica Maharaj: <https://www.nami.org/Blogs/NAMI-Blog/December-2018/Avoiding-Holiday-Stressors-Tips-for-a-Stress-Free-Season> (2018)
- Holiday Depression:
 - <https://www.healthline.com/health/depression/holidays> (2017);
 - <https://blog.partnersforyourhealth.com/blog/the-most-concerning-holiday-stress-statistics> (2018),
 - <https://www.psychologytoday.com/us/blog/modern-mentality/201811/how-manage-your-mental-health-during-the-holidays> (2018)
- NAMI Beat Back the Holiday Blues: <https://www.nami.org/Blogs/NAMI-Blog/November-2013/Beat-Back-the-Holiday-Blues>
- Tips for Youth Mental Health during the Holidays: <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Holiday-Mental-Health-Tips.aspx>
- Mental Health Books for Children, Teens & Parents: <https://www.namipamainline.org/mental-health-books-for-children-and-teens-and-their-parents/>

NAMI Announces REIMAGINE: A 988 Week of Action, Nov. 15–19

(Cross-posted from <https://nami.org/About-NAMI/NAMI-News/2021/>, originally posted on 10/15/21)

A mental health crisis deserves a mental health response — and people in crisis and their families deserve better than what our current system offers. NAMI is excited to announce registration is open for [REIMAGINE: A Week of Action to Reimagine Our National Response to People in Crisis](#), a week that includes a virtual event and advocacy activities taking place Nov. 15–19, 2021.

This REIMAGINE Week of Action will focus on building momentum to improve crisis services ahead of the July 2022 launch of 988*, a new nationwide three-digit number for mental health, substance use and suicidal crises. The creation of this national number provides a significant opportunity to begin reimagining our crisis response system. But there is still much work to be done to ensure there is support available when people start calling 988 for help, but we cannot #ReimagineCrisis alone.

During this week, learn about how our current response to crises negatively affects individuals, families and communities, and how you can help create impactful change. Hear from speakers who have first-hand experience with our current response to mental health and suicidal crises. Participate in conversations exploring key intersections with crisis response — equity and social

justice, public safety and first responders, and youth and young adults. Learn about opportunities to advocate on behalf of your communities throughout the week.

NAMI is grateful for the 15 partner organizations who have signed onto the Week of Action: American College of Emergency Physicians, American Foundation for Suicide Prevention, American Psychiatric Association, Behavioral Health Link, CIT International, Depression and Bipolar Support Alliance, Inseparable, The Kennedy Forum, Mental Health America, National Association of State Mental Health Program Directors, National Council for Mental Wellbeing, RI International, Steinberg Institute, The Trevor Project and Well Being Trust.

One person, organization or coalition cannot do this alone. We hope you'll join us — and NAMI advocates across the country — to build a better, more equitable crisis system. Register today at reimaginecrisis.org.

**988 is not currently active. If you are experiencing a crisis, text "NAMI" to 741741 or call the Suicide Prevention Lifeline at 1-800-273-8255. Local county crisis numbers are available at <https://namimainlinepa.org/crisis-numbers/>.*

Thank You for Supporting NAMIWalks Main Line PA!

Thank you, our wonderful NAMI Main Line PA community, for all of your support for this year's walk. We could not have come this far without your help!

It was great to see all of you who joined us at Ashbridge Park on October 9th! For those of you who didn't make it to the park, we hope you found ways to honor NAMI's United Day of Hope by doing something that was fun and meaningful to you.

To date, we've raised 92% of our goal of \$60,000. We are very grateful that you have helped us to make so much progress toward meeting our goal. However, our walk season is not over. There is still time to participate, to continue to fundraise and to "Walk Your Way". If you had to miss our in-person event but still want to be a part of this year's walk, find us at [NAMIWalks Your Way Main Line PA](#).

Thanks to all of you and to our terrific 2021 sponsors!

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Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in September and October, 2021.

General Contributions:

Anonymous (4)
Wendy Bolas
Heather Francis
Karen Strauss

In Honor of Judy Green:

Nancy and Bob Helfman

In Memory of Nancy Adams Bitner:

Roslyn Hansen

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

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** _____

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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. _____

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Account No: _____

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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.**