



NAMI Main Line PA
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NAMI Main Line PA Newsletter – January, 2022

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President's Message

We hope you will join us for a panel discussion of **The Effects of Mental Illness on All Family Members** on Sunday, **February 6**, 2-4 p.m. [Click here](#) to register for this online forum. (For additional information, see below.)

We are also cosponsoring an online NAMI Family-to-Family education program, beginning on Tuesday, January 25. (For additional information, see page 2.)

We invite you to explore our recently updated website (<https://namimainlinepa.org/>). We hope you will find the new design and information helpful.

We are grateful to our many volunteers and donors whose generosity has made our work possible. Today is the last day of our [end-of-year fundraising drive](#). If you would like to volunteer with our affiliate, please complete the form at <https://namimainlinepa.org/home/volunteer-with-nami-pa-main-line/>.

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: Main Line NAMI Workshop: **The Effects of Mental Illness on All Family Members**

Date: Sunday, **February 6**, from 2-4 p.m.

Place: Virtual forum on Zoom

Note: Our panel will describe their experiences as family members of someone who has a mental illness, including a spouse, a sibling, and a daughter. Dr. Ellen Berman will also describe the effects of mental illness on the extended family. Panelists will describe what helped them to cope in their family situation. Small group discussions will provide the opportunity to discuss your own situation and think about what could help you to cope better. 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: **NAMI Family-to-Family Education Program**

Date: Beginning on Tuesday, **January 25**, and meeting once a week from 6-8:30 p.m.

Place: Virtual

Note: NAMI Main Line PA and NAMI Philly will be co-sponsoring this course. 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.* To register, please go to <https://namiphilly.org/education-and-programs.html>. For more information about the eight weekly topics, please go to <https://namimainlinepa.org/support/family-to-family-education-basics-programs/>.

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: **Havertown NAMI Family Support Group**

Date: Meets on the **first and third Tuesdays 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: **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: **Wellness Chat for Family-to-Family Graduates**

Date: **Meets twice a month**, beginning at 7 p.m. (Next meeting on January 13)

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: **Anxiety in Children**

Date: Wednesday, **January 5**, at 7:30 p.m.

Place: Virtual Event on Zoom

Note: Lower Merion School District is hosting a virtual discussion on the topic of anxiety in children with Margot Burke, Psy.D. Burke is a licensed psychologist and director of Milestones Psychology and Wellness. The event will cover topics such as signs of anxiety, strategies to support children, and when to consider professional support. [Follow the link here](#) to access the Zoom event. Advance registration is not required.

Event: **Mental Health and Youth Mental Health First Aid Trainings for Winter 2022**

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 January through June. 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/>.

A Journey Through the Psychedelic Revival: A Six-Part Virtual Learning Series Sponsored by Penn Nursing

Long regarded as drugs of abuse, psychedelics have taken new shape as groundbreaking medicine with the potential to disrupt and transform our mental health care system. Featuring experts and leaders in the field, this six-part virtual series explores the dramatic growth in the use of psychedelics in research and practice for PTSD, depression, end-of-life care, and more, and offers an opportunity to learn, connect, and deepen understanding. Join Penn Nursing for any or all of the events in the series. All events are virtual and run 6:30pm - 8pm.

- Wednesday, **January 19: *An Introduction to Psychedelics***
- Wednesday, **February 2: *What Happens in Psychedelic Therapy?***
- Tuesday, **February 15: *Psychedelic Neuroscience and Pharmacology***
- Wednesday, **March 2: *The Current Landscape of Psychedelic Medicine***
- Wednesday, **March 16: *The Future of Psychedelic Medicine***
- Wednesday, **March 30: *Access to Psychedelic Medicine***

For more information and to register, visit: www.nursing.upenn.edu/psychedelic.

News You Can Use

Wellness Resources, including resources for kids, mindfulness, self-care, movement, entertainment, education, emotional support, etc. are available at <https://www.integrativetouch.org/wellness-resources>.

Three Ways to Manage Depression During the Winter Months at <https://www.mentalhealthfirstaid.org/2019/12/three-ways-to-manage-depression-during-winter/>.

Managing Your Mental Health Through Connections, a Town Hall featuring a panel of Main Line Health experts as they discuss managing your mental health through connections at <https://6abc.com/3EVEB37>.

Multiple resources for **individuals with mental illness, caretakers, veterans, youth, front-line professionals**, and **diverse ethnic groups** are available at <https://nami.org/Your-Journey>.

Our own website offers multiple resources for people with mental illness and their family members:

[Resources for Coping with, Preparing for and Preventing a Mental Health Crisis](#)

[Frequently Asked Questions](#) – General information, links to helpful documents, and specific resources for people in the Philadelphia area.

[Government Services](#) – How to obtain government services, including mental health care, health insurance and disability income, for a person with mental illness.

[Mental Illnesses, Treatments, Coping & Practical Help](#) – Expert advice on how to help individuals with mental illness, information on specific diagnoses and conditions, and recommended Web resources.

[Specific Diagnoses and Conditions](#) – Information on specific mental illness diagnoses and treatment.

[Resources for Children and Teens \(up to age 19\)](#) – Tips for talking to your child/teen, online resources to help siblings, and resources to help children/teens with mental health needs.

[Resources for Transition Age Youth \(16-24\)](#) – Links to helpful resources, including national hotlines, local treatment centers and support groups, and links to information about how to access behavioral health services.

[Criminal Justice Resources](#) – Suggestions for preventing arrest, information on criminal justice system procedures, advice relating to individuals with mental illness, including links to general informative documents and information about specific resources for people in the Philadelphia area.

[Introduction to Services for Individuals with Mental Illness and their Family Members in Southeastern Pennsylvania](#) provides information about the types of services and contacts for local services, help lines, warm lines, and online guides to resources.

NAMI Main Line PA's Accomplishments in 2021

Information and Support

- Family-to-Family (F2F) education program, an 8-week program for family members of people who have mental illness that educates and supports and teaches coping skills. This year we offered two virtual sessions of F2F.
- Graduates of Family-to-Family have formed multiple informal support groups.
- Our support groups have continued to meet online throughout the COVID-19 pandemic.
 - Bryn Mawr Family Support Group for family members – meets monthly
 - Havertown NAMI Family Support Group for family members – now meets twice monthly
 - Parent Peer Support Group – meets weekly
 - NAMI Connection Recovery Support Group – now meets twice weekly
 - Wellness Chat for Family-to-Family Graduates - meets twice monthly

“Finding a group of other parents who are living through the struggle of raising and loving a person with profound mental health challenges is a lifesaver. We give each other permission to feel our emotions, whether in grief for what our kids are missing or in celebrating tiny steps forward that parents of neurotypical kids could never appreciate. Mostly, we listen to one another and form a place to be acknowledged for our reality.”

- Main Line NAMI Workshops and Forum presentations:
 - “Obtaining, Maintaining, and Navigating Benefits”, with Michele Leahy
 - “Resources to Help Families Cope with Mental Illness”, with Ingrid Waldron and Kristine Songster
 - “Problem-Solving”, with Edie Mannion, LMFT
 - “Gender, Sexuality and Mental Health: A Foundational Session on Identity, Expression and Common Social Bias”, with Samantha King, MSW, MEd
 - “The Power of Gratitude in the Face of Mental Illness”, with Joan Sugarman and Sarah Freudberg
 - “The Basics of Trauma and Trauma Recovery”, with Edie Mannion, LMFT
 - “Expanding our Understanding of Trauma and Trauma Recovery”, with Edie Mannion, LMFT

“Thank you for a very well organized and relevant workshop.”

- Information and support in response to frequent e-mail and telephone requests

*“Thank you so much for sending me this information.
You couldn't have been more understanding and helpful.”*

Community Outreach

- Nineteen educational presentations to groups, including secondary school students, nursing students, medical students, physician's assistant students, and community organizations

“Our students are so incredibly lucky to have had the opportunity to hear you all talk, and they are going to be better doctors and people for it.”

*“This was a highly valuable session to include in this block. It was enlightening, difficult, and inspiring to hear the stories of the journeys of each of these women and their loved ones.
I hope that this remains a part of the block in future years”*

*“Powerful session with interesting perspectives on mental health,
especially from family members”*

- Community outreach before and during our NAMIWalks

“It allowed me to 'connect with' and 'meet in person' with NAMI Volunteers, that I have been involved with virtually during the Covid pandemic. It also allowed me to learn about other incredible services that our local organization provides and to meet other NAMI volunteers from these other programs.”

Electronic Outreach

- Redesigned and updated our website (<http://namimainlinepa.org/>)
- Developed a new page on our website:
 - [“A Strategy to Help Persuade Your Insurer to Pay for Mental Health Care”](#)
- Updated several of our most frequently used web pages, including:
 - Mental Illness, Treatments, Coping & Practical Help (<https://namimainlinepa.org/info-resources/mi-help/>)
 - Housing Options for People Living with Mental Illness (<https://namimainlinepa.org/housing-options-for-people-living-with-mental-illness/>)
 - multiple sections of our Resource Guide (<https://namimainlinepa.org/services-in-sepa-2/resource-guide/>)
- Added an Events Calendar to our website (<https://namimainlinepa.org/events/>)
- Distributed and Web-published to more than 1,400 contacts:
 - Main Line NAMI bi-monthly President’s Message and Newsletter (<https://namimainlinepa.org/home/newsletter/>)
 - Main Line NAMI Weekly Updates (<https://namimainlinepa.org/category/news/>)
- Frequent posting of announcements of relevant events and information, news and advocacy alerts on Facebook (<https://www.facebook.com/NAMIPAMainLine>), Twitter (<https://twitter.com/NAMIPAMainLine>) and Instagram (<https://www.instagram.com/namimainlinepa/>).
- Social media awareness campaigns during Mental Health Awareness Month in May, Minority Mental Health Awareness Month in July, Suicide Awareness Month in September, and Mental Illness Awareness Week in October
- Updated our Slide Share presentations (<https://www2.slideshare.net/NAMIPAMainLine/presentations>)

Advocacy

- Advocacy Alerts throughout the year, as national, state and county opportunities for advocacy arose
- Helped family members find resources to advocate on behalf of their loved ones

NAMI Main Line PA is Seeking Volunteers to Advocate for Better Crisis Services

Crisis services for individuals with mental health issues and their family members have been in need of reform for many years. Under the current system, law enforcement officers are most often the first responders to mental health crises or suicide attempts. This has often resulted in a failure to provide needed mental health services to individuals in crisis and unnecessary harm (including, in some cases, arrest and physical harm). In response to these problems, the federal government has approved 988 as the new number to call during a mental health crisis, instead of 911; 988 will be available to the community as of July 2022.

NAMI Main Line PA is looking for individuals with mental health conditions and family members who have had experience dealing with crisis services in the Philadelphia area to visit their federal or state legislators to promote the rollout of 988 and the need for funds to improve crisis services. Individuals with mental illness who offer to present their personal stories will be compensated. Family members and other supporters will participate on a volunteer basis. NAMI Main Line PA will assist participants in coordinating the meetings with their federal and state legislators

beginning in early 2022. Please contact us at nami.main.line.pa@gmail.com if you are interested in volunteering.

Thank You to Our Generous Volunteers and Donors

We are very grateful for our volunteers and all the good work they do. Volunteers lead our support groups, facilitate Family-to-Family, organize our workshops, forum and outreach presentations, and raise funds to support our work. Our volunteers contribute in many ways to the good work of our affiliate on behalf of people living with mental illness and their family members. We could not succeed without them! We encourage you to join our congenial group of volunteers (<https://namimainlinepa.org/home/volunteer-with-nami-pa-main-line/>).

We are grateful to the following donors who made contributions in November and December, 2021.

General Contributions:

Anonymous (3)
Ellen Berman
Edward Goldberg
M. San Miguel Paulson
Marie Pitcherella
Pam Rhein
West Chester University NAMI on Campus
William Goldman Foundation

In Honor of Ellen Berman:

Anonymous

In Recognition of Family-to-Family

Judith K Price

In Honor of Judy Green:

Suzanne and Richard Pieper Family Foundation

In Honor of Evan Kaplan:

Loran Kundra

In Memory of Evan Linnett:

Anonymous (7)
Amy and Bob Chipetz
Pat Hirsch
Hough Petroleum
The Hummel Family
Henry Israel
Ruth Mazart

If you would like to join our affiliate or make a donation, please go to <https://namimainlinepa.org> 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 _____

Spouse (optional) _____ Telephone (____) _____

Address _____
Street Town State Zip

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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. _____

Check or **Charge my** Visa Master Card American Express

Name as it appears on Card: _____

Account No: _____

Expiration Date: _____ Validation Code: _____

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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.**