

NAMI Main Line PA – Our Accomplishments in 2021

(with a few of the appreciations we have received)

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 NAMIWalk

"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/>)
 - Added an Events Calendar to our website (<https://namimainlinepa.org/events/>)
- 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/>)
- Updated our Slide Share presentations (<https://www2.slideshare.net/NAMIPAMainLine/presentations>)
- 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

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