



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

Table of Contents	
President’s Message – page 1	Survey on Treatment Accessibility – page 6
NAMI Main Line Events/Support Groups – pages 1-3	Seeking Volunteers to Join our Walk Planning Committee – page 6
Other Virtual Events/Support Groups – pages 3-4	Seeking Volunteers to Advocate for Better Crisis Services – page 6
A Journey Through the Psychedelic Revival – Virtual Learning Series – page 5	Registration for NAMIcon 2022 – page 6
News You Can Use – page 5	Donor Thank You – pg. 7
	Membership Form – page 7

President's Message

We hope you will join us for two online programs:

- [“Medications, Other Treatments, and Community Resources to Help Individuals with Severe Mental Illness and their Families – Ask the Experts”](#) with Albert H. Yu, MD, Edie Mannion, LMFT, Michael Harper, Esq. on **April 3**, 2-4 p.m.
- [“Helping Adolescents and Young Adults who are Experiencing Mental Health Challenges”](#), with Dr. Tina Chen and Dr. Christian Kohler on Sunday, **May 15**, 2-4 p.m.

We are proud to announce that two of our Board members appear in NAMI videos.

- Lisa Parker presents [“Living with BPD: After Years of Misdiagnosis”](#).
- Sabrina Quinn is included in [“Caregiver to Caregiver: Mental Health Tips”](#).

Ingrid Waldron, President

NAMI Main Line PA Events and Support Groups

Event: Main Line NAMI Interactive Forum: **Medications, Other Treatments, and Community Resources to Help Individuals with Severe Mental Illness and their Families – Ask the Experts**

Date: Sunday, **April 3**, from 2-4 p.m.

Place: Virtual forum on Zoom

Note: Our Ask the Experts panel will provide brief presentations and answer your questions about medications, treatments, community supports, and related topics. Our experts will include Dr. Albert H. Yu, Clinical Assistant Professor in the Department of Psychiatry at the University of Pennsylvania, Edie Mannion, LMFT, from the DBT Center of Greater Philadelphia, and lawyer and advocate, Michael Harper, Esq. Please register in advance at <https://tinyurl.com/MedsResources>. 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: **Main Line NAMI Forum: Helping Adolescents and Young Adults who are Experiencing Mental Health Challenges**

Date: Sunday, **May 15**, from 2-4 p.m.

Place: Virtual event on Zoom

Note: Dr. Tingfang Chen will suggest resources and strategies to address problems such as anxiety, depression and suicidality that have become more common during the pandemic. Dr. Christian Kohler will describe early intervention for first episode psychosis and strategies for coping with a mental health crisis. There will be plenty of opportunity for you to ask questions. Dr. Chen is Assistant Professor of Clinical Psychiatry and the Medical Director of the Behavioral Health Integrated Program in the Department of Child and Adolescent Psychiatry and Behavioral Sciences at Children's Hospital of Philadelphia. Dr. Kohler is Professor of Psychiatry, Clinical Director of Neuropsychiatry, and the Director of the Penn Psychosis Evaluation and Recovery Center. Please register in advance at <https://tinyurl.com/YouthMHHelp>. 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: **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 psadf facilitator@gmail.com or text 610-574-3319 to set up a time to talk.

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

Date: **Meets monthly**, beginning at 7 p.m. on a date determined by participants

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: **Sleep Awareness And Mental Health**

Date: Tuesday, **March 1**, from 1-2:30 p.m.

Place: Virtual Webinar

Note: Sleep quality, timing, duration, and attitude towards sleep can greatly affect and be disturbed by mental illness. This webinar, given by Rogers Behavioral Health, will focus on sleep-related problems and their impact on mental health. The presentation will provide a brief overview of sleep, common problems, deficits and impact on mental health, overview of sleep hygiene, and strategies to target sleep-related difficulties using both cognitive behavioral and pharmacotherapy interventions. More information and registration is available at <https://app.ce-go.com/sleep-awareness-and-mental-health>.

Event: **Beyond Respite as a Service: Respite Care Does Not Have to Cost Money**

Date: Thursday, March 17, from 2:30-4 p.m.

Place: Virtual

Note: PA Care Partnership is sponsoring this virtual event. Using real anecdotes, short video clips, and discussion, Betsy MacMichael, Executive Director, First In Families of North Carolina, will share one approach working in North Carolina to relieve stress and offer hope and opportunity to people with disabilities. Adults with disabilities or other challenges, and family caregivers of younger people with challenges, are overwhelmed with weariness, life fatigue, or exhaustion and face depression regularly and for many reasons. Typical approaches of adding more services can help but are not always available or affordable, but services alone do not make for a good life. Also, services are not universally available. First In Families of NC has several creative approaches that may inspire new, innovative solutions. Please contact Nancy Massey at nancy@massey.net with questions. To register, go to <https://bit.ly/3H8h93f>.

Event: **Maximizing the Effectiveness of Special Needs Legal Planning for your Disabled Loved One**

Date: Thursday, **March 24**, at 6:30 p.m.

Place: Virtual Event on Zoom

Note: 1847Financial Special Needs Planning Team and NAMI Bucks County PA are organizing this event which is second in a series of three events. Special needs legal planning focuses on answering two major questions: 1) Who will take care of our disabled loved one, and 2) How will we be able to care for our disabled loved one? To help answer these questions, this presentation will cover guardianships vs. power of attorney, and how to maximize government benefits, specifically Supplemental Security Income and Medicaid, and minimize the risk of losing those benefits through the utilization of effective special needs trusts, ABLE Accounts, or standard financial planning tools. By understanding what benefits are out there and how to properly work them with the financial planning you do today, you can successfully plan for the future of your disabled loved one. This event will be presented by David T. Siegel, Esq., Special Needs Attorney - Law Office of David T. Siegel, LLC. Register for this free event at <https://namibuckspa.org/forum/>.

Event: **Unpacking Poverty: The Intersection of Financial Insecurity, Race and Mental Health in Youth**

Date: Thursday, March 31, from 2:30-4 p.m.

Place: Virtual

Note: PA Care Partnership is sponsoring this virtual event with speaker, Bridgett Hutchings, LMSW, M.Ed. When children live in poverty, it impacts every area of their lives. Insufficient financial resources mean limited access to basic needs, which leads to an increased likelihood of developmental issues, struggles in school, and decreased overall wellbeing. When youth are also racial and/or ethnic minorities, the impact is intensified. There are significant implications for the schools, organizations, and businesses that serve these young people. We'll discuss the multidimensional impacts of poverty on youth mental health and the implications and opportunities for the communities that nurture them during this session. Please contact Nancy Massey at nancy@masseynet.com with questions. To register, go to <https://bit.ly/3JSszyv>.

Event: **The Basics of Personal Finance: What Everyone Needs to Know**

Date: Thursday, **April 21**, at 6:30 p.m.

Place: Virtual Event on Zoom

Note: 1847Financial Special Needs Planning Team and NAMI Bucks County PA are organizing this event which will be presented by Brian Kelnhofer, WMCP® – 1847Financial. Have you ever looked at your disability check, pay check, account statements, or employee benefits and didn't know where to start? This workshop will lay the foundation for a stable financial plan. It will also explain the significance of developing strong habits and how they can impact your future. Trying to get a hold of personal finances can be overwhelming, and unfortunately, we rarely learn these topics in school. This workshop provides an overview of budgeting, investments, retirement, debt, credit, insurance, employee benefits, and building an emergency fund. Register for this free event at <https://namibuckspa.org/forum/>.

Event: **Mental Health and Youth Mental Health First Aid Trainings for Spring 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/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/>.

A Journey Through the Psychedelic Revival: A 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 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, **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

The California Healthy Minds, Thriving Kids Project, developed by the Child Mind Institute in partnership with the state of California, features a series of free videos and print resources for parents, educators and students, all available in English and Spanish. This project promotes children's mental health and teaches essential coping skills through five topics. Resources available at <https://childmind.org/healthyminds/parents/>.

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

Health, wellness and recovery resources for veterans, military service members and their families are available at <https://nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront>.

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](#)
- [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.
- [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.

Survey on Treatment Accessibility

Cross-posted from The Treatment Advocacy Center

Have you or someone you know had difficulty accessing treatment for severe mental illness? If so, please take an important survey from **NORC at the University of Chicago** at <https://survey.amerispeak.org/SE/default.aspx>. Your confidential responses could help drive policy change that will make a difference for everyone.

The survey is available in English or Spanish and will take anywhere from five to 15 minutes to complete. You can respond for yourself or on behalf of someone you know, such as a family member, friend, or a patient. More information about NORC is available at <https://www.norc.org/>.

NAMI Main Line PA is Seeking Volunteers for our Walk Planning Committee

It's now time to begin the planning for our 2022 walk and we are looking for a few enthusiastic folks to join our 2022 Walk Planning Committee. The good news is that the only special skill required is some of your time and dedication to making this year's walk season a success. There are many jobs to be done on the committee from large to small including planning for both virtual and in-person events, reaching out to sponsors, promoting our event, recruiting volunteers, and planning fun activities for our walk season.

Please consider joining our Walk Planning Committee to support our wonderful NAMI Main Line PA local affiliate. The funds raised from our walk make our local programs possible. Joining the Walk Planning Committee is an easy way to get involved and make a difference.

To learn more contact Denise Hay at dddhay@aol.com or Kristine Songster at nami.main.line.pa@gmail.com.

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.

Registration Open for Virtual NAMI Convention 2022

Registration is open for NAMICon 2022, NAMI's annual convention taking place virtually June 14–16, 2022. As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an opportunity to bring awareness, resources and solutions to a wider

audience of people affected by mental health conditions. For more information and to register, go to <https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in January and February, 2022.

General Contributions:
Anonymous (3)
Conestoga's Happy Minds Club
Robert & Nancy Helfman
The Dever Family

In Honor of Ingrid Waldron:
Anonymous (1)

In Memory of Evan Linnett:
Anonymous (3)
John Howard
Jodi and Alan Klein

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 _____

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: _____

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: _____ Signature: _____

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.**