



NAMI Main Line PA  
 Affiliated with National Alliance on Mental Illness  
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**NAMI Main Line PA Newsletter – May, 2022**

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**President’s Message**

We hope you will join us for our online program, “**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. Register now at <https://tinyurl.com/YouthMHHelp>. (See additional information below.)

Please see **Resources for Helping Youth with Mental Health Challenges** (page 5) for links to additional resources for helping children, adolescents, and transition-age youth with mental health challenges.

May is Mental Health Awareness Month. Each year we have a membership drive in May. We encourage you to **join or renew your membership** at <https://namimainlinepa.org/sign-up/>. (See additional information on pages 5-6.)

Ingrid Waldron, President

**NAMI Main Line PA Events and Support Groups**

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. Please contact us with any questions at [nami.main.line.pa@gmail.com](mailto: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](mailto: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 meeting on Zoom on the first Tuesday, in-person meeting at Llanerch Presbyterian Church (211 Lansdowne Road, Havertown) on the third Tuesday

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](mailto: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](mailto: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 once a month**, beginning at 7 p.m.

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](mailto:F2FMainLine@aol.com) for the meeting information.

Event: **NAMIWalks Your Way Main Line PA 2022**

Date: Sunday, **October 16**, from 9:30-11:30 a.m.

Place: Wilson Farm Park

Note: Join us as we step into NAMIWalks Your Way 2022, which promises to be our most meaningful event ever. It’s a new day for mental health and we will embrace it together on October 16 at Wilson Farm Park. You won’t want to miss it — a vibrant gathering where inspiration can shine on all of us. We’ll cheer each other on while raising our voices to be heard, united in our commitment to raise awareness of our cause, funds to drive NAMI’s free, top-rated programs, and build community in every sense of the word. For more information and to register, please go to [www.namiwalks.org/mainlinepa](http://www.namiwalks.org/mainlinepa).

## Other Virtual Events and Support Groups

Event: **Autism, ID & MH What You Need to Know After Age 18**, presented by Michele A. Leahy, MS, CPWIC, and Randy H. Steen, Esq.

Date: Wednesday, **May 4**, at 6:00 p.m.

Place: Virtual Event on Zoom

Note: This is a complimentary session where the presenters will discuss important topics, including: how to advocate and create accountability for Transition Goals within an IEP and ISP, POA vs Guardianship, why it is vital to become eligible for SSI/SSDI, the possibility of working and still receiving benefits such as Medical Assistance and federal cash benefits, special needs trusts, and much more. Go to <https://tinyurl.com/34xrdd49> to register by May 3.

Event: PA Care Partnership Webinar “**The Kids Are Not Okay: Practicing Empathy for Everyone, Even Yourself**”, with Gab Bonesso

Date: Thursday, **May 5**, at 2:30 p.m.

Place: Virtual

Note: There is no denying that our global pandemic has caused global trauma. Every single human on the planet has been affected. Gab, who is known for being high-energy, real, raw, and hilarious, will discuss times in her life when she was suffering and empathy was the thing she craved most from others. This is why Gab suggests that even though it's a state of emergency in children's mental health, it's a trickle-down because the adults are not okay too. In this presentation, Gab suggests that perhaps the one thing we can collectively do is practice empathy for everyone, including ourselves. For more information and to register, go to <https://tinyurl.com/4s3xm86t>.

Event: PA Care Partnership Webinar “**The Pandemic has Created a Mental Health Crisis: Schools, Mental Health, and What Teens Have to Say**”

Date: Thursday, **May 19**, at 3:00 p.m.

Place: Virtual

Note: A panel of teens with the PA Youth Advocacy Network will talk about their work as advocates, especially around the topic of mental health and what teens need in school and in their day-to-day lives. The discussion will be 90 minutes in length. The teens will share for the first 45 minutes, followed by 45 minutes for Q&A. The teens are especially looking forward to hearing questions from all adults, including parents, teachers, providers, and others. Join to learn how adults can provide needed support and resources for teens in our Commonwealth. For more information and to register, go to <https://tinyurl.com/5fpmvz99>.

Event: PA Care Partnership Webinar “**Anxiety in Youth in an Ever-changing Global World: impacts on school, relationships, or daily functioning**”, with Rachel Love, PhD and Kristen Smith-Simon, PhD

Date: Thursday, **June 9**, from 2:30-4 p.m.

Place: Virtual

Note: In this presentation, Rachel Foster Love, Ph.D and Kristen Smith-Simon, Ph.D will discuss what anxiety looks like in children of all ages from preschool to college. In addition, they will cover how anxiety can be both helpful and interfering, from school experience to engaging with friends, family, and the community. Their presentation will also include the influence of the caregiver's own emotions and the surrounding culture of understanding and expressing anxiety. You will leave with strategies and ideas on how to help and support youth, as well as additional resources for the audience to access. This presentation is interactive with time for Q&A and discussion. For more information and to register, go to <https://tinyurl.com/2p8z89jb>.

Event: PA Care Partnership Webinar, “**Getting off to a Good Start: The Importance of Early Childhood to Lifelong Health**”, with Amy D. Herschell, PhD

Date: Thursday, **June 23**, at 2:30 p.m.

Place: Virtual

Note: The preschool years are an amazing time in a child’s life; a time filled with growth, joy and sometimes challenges. This presentation will focus on the importance of early childhood and the lifelong impact of "getting off to a good start." We will discuss the value of early relationships, the impact of chronic stress on children and families, when to think about consulting a behavioral health provider, what interventions are available for young children, and what caregivers should consider when looking for treatment. A special emphasis will be placed on evidence-based treatments, including Parent-Child Interaction Therapy. This session will be interactive with lots of opportunities for questions and discussion. For more information and to register, go to <https://tinyurl.com/mms75nuf>.

Event: NAMI Keystone Pennsylvania's **2022 Child, Adolescent, and Transition Age Youth Mental Health Conference**

Date: Tuesday, **June 28**, 2022

Place: Virtual event

Note: Presenters, panelists, and participants from across the country attend this conference that specializes in youth mental health. The educational event is geared toward parents, caregivers, mental health professionals, educators, and students. More information is available at <https://www.namikeystonepa.org/education/conferences/camhcon2022/>.

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/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/>.

## Resources for Helping Youth with Mental Health Challenges

**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 are available at <https://namimainlinepa.org/support/services-for-children-and-teens/>.

**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 are available at <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>.

**Mental Health Screening Tools** for adults and youth (or for parents who are concerned that their children may have a problem) are available at <http://www.mentalhealthamerica.net/mental-health-screening-tools>.

Information about **detecting and treating Early and First Episode Psychosis** is available at <https://namimainlinepa.org/early-and-first-episode-psychosis-what-is-it-and-how-should-it-be-treated/>.

**How to Access Valuable Behavioral Services in PA:** Consider Medical Assistance for a Child/Teen with Serious Disability: <http://wp.me/P3QT8t-Nc>.

A list of **Mental Health Books for Children and Teens and Their Parents** is available at [www.namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/](http://www.namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/).

## May is Mental Health Month



During the month of May, NAMI and participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. We believe that these issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions.

This May, our posts and tweets will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like, as well as combating stigma. Please join us in raising awareness by following, liking and sharing our informative [Facebook posts](#) and [tweets](#) throughout the month of May. More information is available at <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>.

**Mental Health Month is the Perfect Time to  
Join or Renew Your Membership with NAMI Main Line PA**

## **NAMI Main Line PA**

### **Join or renew your membership today!**

- Join NAMI at all three levels—national, state and local—with one payment!
- Choose the membership level that works for you:
  - \$60 per year for a Household membership for all household members living at the same address
  - \$40 per year for a Regular individual membership for one person
  - \$5 per year for an Open Door membership for an individual member with limited financial resources
- Strengthen the NAMI voice in advocacy with state and national legislatures
- Support our local NAMI programs.

**Learn more about our Family-to-Family classes,  
Support Groups, Workshops,  
Educational Outreach and Advocacy at  
<https://namimainlinepa.org/>**



#Together4MH

**TOGETHER**  
for Mental Health

### **Mental Health Awareness Month**

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

**Learn More**

[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)

### ***Here is what some participants in our programs say:***

*"There is no substitute for being with peers who understand the struggles of living with those with mental illnesses. I wish everyone who is in that situation is able to find as warm and welcoming a place"*

*"It has been a great way to connect with others and even though our individual situations are different, we can understand and empathize with each other"*

*"NAMI has given me an outlet to vent with others, and gain knowledge from others' life experiences and understand others' challenges when caring for loved ones."*

***Join us to keep our essential services available in our community***

## NAMI Main Line PA is Seeking Volunteers for Specific Projects

Some of the links in our **webpages** are broken, but don't show up in our automatic broken link detector. We will be looking for one or more volunteers who would be willing to check links on specified pages and let us know if any links lead to error messages. If you are interested in helping with this short-term project, please contact us at [nami.main.line.pa@gmail.com](mailto:nami.main.line.pa@gmail.com).

**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. Please contact us at [nami.main.line.pa@gmail.com](mailto:nami.main.line.pa@gmail.com) if you are interested in volunteering.

## National Brain Donation Awareness Day – May 7<sup>th</sup>

The Brain Donor Project was established in April 2016 as non-profit corporation and was granted tax-exempt status by the U.S. Internal Revenue Service as a 501(c)(3) on May 20, 2016. They exist to increase brain donation to advance science, leading to the treatment and cure of neurological, neuropsychiatric and neurodevelopmental disorders. For more information, please go to <https://braindonorproject.org/national-brain-donation-awareness-day/>.

## Save the Date for NAMIWalks Your Way Main Line PA 2022

We invite you to **Save the Date** for our **NAMIWalks Main Line PA** event on Sunday, **October 16**, at Wilson Farm Park. We hope you will join us and invite you to register at [www.namiwalks.org/mainlinepa](http://www.namiwalks.org/mainlinepa). At this time, we are actively recruiting sponsors and volunteers. Please contact us at [nami.main.line.pa@gmail.com](mailto:nami.main.line.pa@gmail.com) if you can help.



**Thank You to Our Generous Donors**

We are grateful to the following donors who made contributions in March and April, 2022.

**General Contributions:**

Thomas Fitzgerald  
 Robert Krick  
 Edie Mannion  
 Betty and Edward Sapp  
 Stephen Segal

**In Honor of Kristen Baker:**

J. Matthew Baker

**In Memory of Sheilah Malamud:**

Anonymous (10)  
 Amy and Bob Chipetz  
 Fern and Robert Klein  
 Mona and Bruce Klugman

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** \_\_\_\_\_

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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: \_\_\_\_\_ Signature: \_\_\_\_\_

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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.**