



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

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President’s Message

Thank you to everyone who joined or renewed your membership during Mental Health Awareness Month.

Please save the date for our **NAMIWalks Your Way** on **October 16** at Wilson Farm Park (www.namiwalks.org/mainlinepa). We encourage you to [register today](#) or volunteer by contacting nami.main.line.pa@gmail.com. Let’s open doors for everyone from every walk of life to have access to the mental health resources and community they deserve.

For more information about our support groups, see below. For information about multiple resources for **Minority Mental Health Awareness and relevant therapist directories**, see pages 3-5.

Ingrid Waldron, President

NAMI Main Line PA Support Groups and Event

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 **third Tuesday of every month** from 7-8:30 p.m.

Place: Llanerch Presbyterian Church (211 Lansdowne Road, Havertown)

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.**

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: **NEW NAMI Connection Recovery Support Group**

Date: Tentatively, will meet **every other week on Mondays at 4:30 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, please email Kristine at nami.main.line.pa@gmail.com.

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 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 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.

Other Virtual and In-Person Events and Support Groups

Event: PA Care Partnership Webinar “**Asian American Womanhood and Resilience**,” with Dr. Esther Hio-Tong Castillo and Noel Ramirez, DBH, MPH, MSW, LCSW, BCD

Date: Thursday, **July 14**, at 2:30 p.m.

Place: Virtual

Note: In this webinar, the speakers will explore what it is like growing up Asian in America, Asian American womanhood, and resilience through the discussion of Disney and Pixar's original feature film "Turning Red". The film introduces 13-year-old Meilin Lee who is torn between being her mother's obedient daughter and the chaos of her youth. Speakers will discuss salient topics in contemporary Asian America such as mental health, parental pressure, the "model minority" myth, and intergenerational trauma and resilience. In particular, we will highlight the ways generational trauma is passed down between grandmothers, mothers, and daughters in cultures that are largely oppressive towards women, how it shows up in the immigrant family experience, and what healing, resilience, and growth look like in the Asian and Asian American communities. For more information and to register, go to <https://tinyurl.com/325jnm6k>.

Event: PA Care Partnership Webinar "**Gender Identity, When do Children Know, and much more: The Nuances of LGBTQ+ and Mental Health**", with speaker Melissa Perkins, MEd, MPPM

Date: Thursday, **August 11**, at 2:00 p.m.

Place: Virtual

Note: Being a young person can be a challenge. LGBTQ+ youth face more significant challenges, evidenced by a high rate of health disparities than their non-LGBTQ+ peers. Health disparities include mental health issues such as anxiety, depression, suicide, and substance abuse issues. Increasing protective factors, including family and community support and access to health care for LGBTQ youth, can help to decrease the risk for behavioral health issues. Cultural competency training and assessment provide health, medical, and social service providers with an increased capacity to address health disparities to improve health outcomes and higher quality of life, specifically for the LGBTQ+ population. Professionals who provide health, medical, and social services must recognize their own implicit biases to provide care in culturally responsive ways. For more information and to register, go to <https://tinyurl.com/28x7ch9d>.

NAMI Bucks County is offering multiple **virtual and in-person 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 and in-person Family Member and Peer Support Groups**. The schedule can be found on NAMI Montgomery County's calendar at <https://namimontcopa.org/events/>; registration is required at <https://namimontcopa.org/support-group-registration/>.

NAMI Philadelphia is offering multiple **virtual Family Member and Peer Support Groups**. The schedule can be found at <https://namiphilly.org/calendar/>. Click on individual groups to register.

Additional virtual support groups and offerings are posted and regularly updated at <https://namimainlinepa.org/support/support-groups-by-county-in-southeastern-pennsylvania/>.

July is Bebe Moore Campbell National Minority Mental Health Awareness Month

Also known as BIPOC Mental Health Month
BIPOC = Black, Indigenous and People of Color

Mental Health America has released their 2022 [BIPOC Mental Health Month Toolkit](#), officially recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month. This year's theme for Black, Indigenous, and people of color (BIPOC), Mental Health Month is #BeyondTheNumbers. Join MHA to gain knowledge of historical context, systems of support, and

actionable ways to move forward toward a mentally healthy future. #BeyondTheNumbers explores the nuances and uniqueness in BIPOC communities.

To move away from generalizations and focus on the uniqueness of individual communities, this year's toolkit will break up the term BIPOC into six core cultural categories:

- American Indian/Alaska Native
- Asian/Pacific
- Arab/Middle Eastern/Muslim/South Asian
- Black/African American
- Latinx/Hispanic
- Multiracial

MHA has included information on historical context, barriers to well-being, cultural beliefs, strengths and resiliency factors, and calls to action within each cultural category in the toolkit. For more information and to download the toolkit, see <https://mhanational.org/BIPOC-mental-health-month>.

Resources for Helping BIPOC Communities with Mental Health Challenges

[Therapy for Black Girls](#): Online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area.

- [Therapist Directory](#): Find trusted therapists that can help you navigate being a strong, Black woman; can search for an in-office therapist by your location or a virtual therapist.

[Therapy for Black Men](#): Primarily a therapist directory for Black men seeking therapy; includes some resources and stories.

- [Therapist Directory](#)

[Therapy for Latinx](#): National mental health resource for the Latinx community; provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health.

- [Therapist Directory](#)
- [Book Recommendations](#)

[The Trevor Project](#): An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

- [TrevorLifeline/Chat/Text](#): 24/7 support via phone, text, or online instant messaging.

Please see the following resources for more information about BIPOC Mental Health Month and resources available for BIPOC communities:

- For more information about identity and cultural dimensions, including information and resources specifically for Asian-American and Pacific Islander, Black/African-American, Hispanic/Latinx, Indigenous, LGBTQI, and people with disabilities, go to <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>
- For helpful tips on finding a culturally competent provider, go to <http://bit.ly/2i6oolA>
- What We Need to Know & Do - A Faith-Based African-American Perspective on Mental Illness is available at <https://tinyurl.com/mr3m98f6>
- A great infographic from NAMI on Multicultural Mental Health Facts can be found at <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>
- Stories highlighting cultural perspectives and experiences in mental health are available at <http://bit.ly/2qXZMjf>

- A helpful video, “The Safe Place: Initiatives on Mental Health in the African American Community”, is available at <https://tinyurl.com/2p8srsx5>
- [Watch the new docuseries](#), *Strength Over Silence: Stories of Courage, Culture and Community*. NAMI explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

Youth Mental Health Survey Chester County/ Encuesta de Salud Mental Juvenil del Condado de Chester

Capacity for Change, LLC is fielding this brief, confidential, and anonymous survey about mental health crisis response services for Chester County children and youth aged 5 - 21. The survey data will be used by a coalition of public, private, nonprofit, and educational organizations in Chester County to design recommendations for improving youth mental health crisis response services countywide. For more information about this project, please contact Jason D. Alexander, Principal, Capacity for Change, LLC by email at jason@capacityforchange.com. <https://www.surveymonkey.com/r/chescoyouthMH>

Capacity for Change, LLC es la agencia encargada de esta encuesta breve, confidencial y anónima. La encuesta tiene que ver con los servicios de respuesta a la crisis de salud mental de niños y jóvenes, edades 5 – 21, en el Condado de Chester. Los datos de la encuesta serán usados por una coalición de organizaciones en el Condado de Chester que son públicas, privadas, educativas y sin fines de lucro. Con los datos, la coalición va a diseñar recomendaciones para mejorar los servicios de respuesta a la crisis de salud mental de niños y jóvenes a lo largo del país. Para más información sobre este proyecto, por favor contacte a Jason D. Alexander, Principal, Capacity for Change, LLC, por email en jason@capacityforchange.com.

<https://www.surveymonkey.com/r/chescojuventudMH>

NAMI Main Line PA is Seeking Volunteers for Advocacy

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 if you are interested in volunteering.

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. At this time, we are actively recruiting sponsors and volunteers. Please contact us at nami.main.line.pa@gmail.com if you can help.



“I AM NOT SICK, I Don’t Need Help!”- Audiobook + New Edition

Xavier Amador has released an audiobook version of “I AM NOT SICK, I Don’t Need Help!” In this new Edition, all chapters have been updated with new research on anosognosia (lack of insight) and there are more hands-on details about how to learn and use LEAP. Listeners will find expanded guidance on how to learn and use LEAP, based on lessons learned from years of LEAP seminar participants. This book is a useful guide for family members whose loved ones are battling mental illness and addictions. Listeners will learn to use LEAP (Listen, Empathize, Agree, and Partner) to effectively help their loved ones accept the treatment they need. Listen to a free sample on Audible at <https://www.amazon.com/Not-Sick-Dont-Need-Help/dp/B0B4VSDL7Y?tag=vidpre00-20>.

Dr. Amador has also recently released a second book entitled, “Becoming Fluent in LEAP – How to Get to Partnering”. For more information on both books, please see https://www.amazon.com/dp/B0B4N4JD2R?binding=paperback&ref=dbs_dp_rwt_sb_pc_tpbk.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in May and June, 2022.

General Contributions:

Anonymous (1)
Madeleine Gardberg
Conestoga’s Happy Minds Club

In Memory of Caroline Williams:

Betsy Williams
Victoria Williams

In Honor of Rachel Starr:

Gabby Siegel

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/>.

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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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