



National Alliance on Mental Illness

## Main Line PA

### NAMI Main Line PA

Affiliated with National Alliance on Mental Illness

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### NAMI Main Line PA Newsletter – September 2022

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#### President's Message

We hope you will join us for our fall events.

- Workshop: [Living with Mental Health Challenges: Maintaining a Positive Approach Even When Times Are Hard](#) on Sunday, **October 2**, 2-4 p.m. on Zoom (See additional information below.)
- [NAMIWalks Your Way Main Line PA](#) on the morning of **October 16** at Wilson Farm Park (See additional information on page 2.)
- Forum: [Improving Mental Health Crisis Services: Changes & Challenges in Montgomery, Philadelphia, Chester & Delaware Counties](#) on Sunday, **November 13**, 2-4 PM on Zoom (See additional information on page 2.)

Ingrid Waldron, President

#### NAMI Main Line PA Support Groups and Event

Event: Main Line NAMI Workshop ***“Living with Mental Health Challenges: Maintaining a Positive Approach Even When Times Are Hard”***

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

Place: Virtual event on Zoom

Note: Our panelists will describe the challenges they have experienced while dealing with chronic mental illness personally or in their families. They will also discuss what has helped them to maintain a positive approach during difficult times. Our panelists will respond to your questions and comments. During the second half of this workshop, each attendee will participate in a small group discussion. Each person will be invited to describe their successes and challenges in maintaining a positive approach and consider how they can overcome their challenges. Register for this event at <https://tinyurl.com/Oct2NAMIWorkshop>.

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).

Event: Main Line NAMI Forum “***Improving Mental Health Crisis Services: Changes & Challenges in Philadelphia, Chester, Delaware & Montgomery Counties***”

Date: Sunday, **November 13**, from 2-4 p.m.

Place: Virtual Event on Zoom

Note: In preparation for the recently launched 988 Suicide & Mental Health Crisis Lifeline, counties in southeastern PA have been working hard to improve mental health crisis services and resources. In this webinar, a panel of officials from Philadelphia, Chester, Delaware and Montgomery Counties will present the changes they have been making and any successes so far. They will also discuss the challenges they are facing, along with suggestions for anyone who wants to advocate with their local legislators to help improve mental health crisis services in the counties that affect them or their loved ones. There will be an opportunity for participants to ask questions of each official, as well as sharing of ideas across counties. Register for this event at <https://tinyurl.com/CrisisServicesForum>.

Event: **Bryn Mawr Family Member Support Group**

Date: Meets on the **first Monday of every month** at 7:00 p.m. (\*Next meeting on **Sept. 12**)

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 **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, 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.**

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).

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.

### Other Virtual and In-Person Events and Support Groups

Event: **IEP Bootcamp**

Date: Beginning on **September 1**

Place: Virtual

Note: The PA Parent and Family Alliance is offering an IEP Bootcamp. It doesn't matter if you're considering asking for an IEP for your child or if you've been to more meetings than you can count, you will learn something new. Each morning, for 21 days, you'll receive information and tips about one section of the IEP to help create a plan day-by-day for reviewing, evaluating, and improving your child's IEP. With a special focus on their behavior and emotional needs, you'll be well-prepared for every meeting. To register, go to <https://tinyurl.com/yt8eskys>.

Event: **Motivational interviewing: The 'WD-40' of behavior change**

Date: Wednesday, **September 14**, from 1 to 2:30 p.m.

Place: Webinar

Note: Rogers Behavioral Health is sponsoring this webinar, led by Sean LeNoue, MD, and Rob Reff, PhD, which will explore the implementation of motivational interviewing into practice and outline necessary training, goal setting, and self-assessment tools for therapists. For more information and to register, go to <https://app.ce-go.com/motivational-interviewing-the-wd-40-of-behavior-change>.

Event: **NAMI Book Event**

Date: Sunday, **October 2**, beginning at 5:30 p.m.

Place: Head House Books, 619 South 2nd Street, Philadelphia, PA 19147

Note: Dr. Ken Duckworth will briefly describe the inspiration and methods he used to write NAMI's first book, “You Are Not Alone: the NAMI Guide to Mental Health”. His presentation will be followed by an open audience Q&A session. Additional information is available at <https://www.headhousebooks.com/events-NEW> .

Event: **Parenting Panel: How to Talk to Kids about Hard Things**

Date: Tuesday, **October 18**, from 7:00 – 9:00 p.m.

Place: Community Room, Haverford Township Free Library (also offered on Zoom)

Note: While the past few years may have been hard on us as adults, how do we talk to kids about the difficult things that confront us? What do they need to know and what can we hold back? How much anxiety do our kids pick up from us? Join Haverford Township Free Library for this parenting panel on how to talk to kids about hard topics. The panel of experts include pediatricians, therapists and counselors that work with kids. Advance registration is required for both in-person and Zoom attendance. Register at <https://haverfordlibrary.org/event/parenting-panel-how-to-talk-to-kids-about-hard-things-hybrid/>.

Event: **Careers of Tomorrow** Youth Career Expo

Date: Tuesday, **October 25**, from 9:00 a.m. to 1:00 p.m.

Place: **The Greater Philadelphia Expo Center in Oaks, PA**

Note: The Montgomery County Commerce Department and MontcoWorks are pleased to announce an upcoming multi-industry career expo for Montgomery County students in grades 8th through 12th. In addition to promoting careers in manufacturing and building trades, exhibitors will represent careers in healthcare, energy, social assistance,

information technology, public safety, education, and other industries that have a critical need to develop a talent pipeline in Montgomery County. This event is “career-awareness” focused and is an excellent opportunity for students, parents, and educators to connect with local employers, experience activities, see product demonstrations, and learn about different career paths in various industries. For more information, please go to <https://www.montcopa.org/3968/Careers-of-Tomorrow>.

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/>.

### Back to School Resources for College

Did you know that 75% of mental health conditions begin by age 24? That's why the college years are so important for understanding and talking about mental health. NAMI National has created a guide and video, "**Starting the Conversation: College and Your Mental Health**" (available at <https://nami.org/collegeguide>; developed in partnership with The Jed Foundation).

NAMI National has also prepared resources such as disclosing your mental health condition and requesting accommodations and tips for succeeding in college at <https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>.

### Back to School Resources for Children and Teens

The new school year beginning can invoke a mixture of feelings from excitement, to stress and anxiety for students, parents and teachers. Below are some resources available to help make the transition back to school successful:

- Heading back to school after the summer break can be a stressful time for children and parents. Experts at Johns Hopkins have put together *Tips to Ease Back to School Anxiety* at <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-tips-to-ease-backtoschool-anxiety>
- NAMI National shares information on *Ensuring Your Child is Supported at School* at <https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School>
- Mental Health First Aid discusses four tools you can use to boost mental health at school at <https://www.mentalhealthfirstaid.org/2018/08/4-tools-to-boost-your-mental-health-at-school/>
- Mental Health America’s Back to School toolkit aims to help students, parents, and school personnel recognize how feeling unsafe can impact mental health and school performance, and what can be done to help young people who are struggling with their mental. To download the 2022 toolkit, go to <https://mhanational.org/back-school> after August 22. To download information from previous toolkits, go to <https://mhanational.org/previous-years-back-school-toolkit-materials>.

- Rogers Behavioral Health has several informative downloads available at <https://rogersbh.org/resources>.
- NAMI Main Line has compiled information about national, Pennsylvania and greater-Philadelphia- area resources to help children, teens and young adults who are living with mental health needs, as well as their family members at <https://namimainlinepa.org/support/services-for-children- and-teens/> and <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>.

**Join Us for NAMIWalks Your Way Main Line PA 2022**



When you walked with us in previous years, you probably discovered that there’s virtually nothing we can’t do when we put our minds and walking shoes together.

We invite you to add your inspiration to this year’s event, **NAMIWalks Your Way Main Line PA**, on Sunday, **October 16<sup>th</sup>**, as we strive for *Mental Health for All*. We ask you to **register today** at <https://www.namiwalks.org/mainlinepa>. The earlier you join our effort, the greater our momentum moving forward!

We are actively recruiting team captains, walkers, sponsors, volunteers and donors. Go to <https://www.namiwalks.org/mainlinepa> to sign up today. To volunteer, [click here](#).

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## Crisis Information: 988 Suicide & Crisis Line, Additional Resources, and Advocacy

### How can I reach 988?

You can call 988, text 988 or chat via the Lifeline’s website ([988lifeline.org](https://988lifeline.org)). If there is an immediate danger of physical harm, call 911 instead. If your phone’s area code is not local, we suggest that you call the southeastern Pennsylvania county crisis lines (<https://namimainlinepa.org/crisis-numbers/>).

### What happens when I call 988? What information will I receive, or does the Lifeline only offer immediate crisis support?

The goal of the 988 Lifeline is to provide free, confidential, immediate crisis intervention and support. When you call or text or chat 988:

1. You’ll hear a message that you’ve reached the National Suicide Prevention Lifeline – you are in the right place! If you are a veteran, you can press “1” to reach the Veterans’ Crisis Line or “2” to reach the Spanish subnetwork for the Lifeline. Translation services for other languages are available if needed.
2. If you don’t select either option, a trained crisis counselor will answer in English.
3. The counselor will listen to you to understand how your problem is affecting you or your loved one.
4. The counselor will provide support and share resources and referrals.

For resources to help you **cope with, prepare for** and/or **prevent a crisis**, see <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.

NAMI is calling for a **standard of care for crisis services** in every community that includes — 24/7 call centers that answer 988 calls locally, mobile crisis teams and crisis stabilization programs — that end the revolving door of ER visits, arrests, incarceration and homelessness. For more information, please see <https://nami.org/Advocacy/Crisis-Intervention/988-Reimagining-Crisis-Response>.

To find out more about how you can join NAMI Main Line PA in **advocating for the funding and services needed** to support 988, please contact Loran ([lbkundra@gmail.com](mailto:lbkundra@gmail.com)) or Edie ([edie.mannion@yahoo.com](mailto:edie.mannion@yahoo.com)).

## September is Suicide Prevention Month

September is National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

### Suicide Prevention Resources:

- If you or someone you know is having a mental health emergency:
  - Call or text the Suicide & Crisis Lifeline at 988 to be referred to the closest crisis center or call 911.
  - or call your local crisis line; in Southeastern PA see <https://namimainlinepa.org/crisis-numbers/>. These crisis lines provide access to staff who are specifically trained for dealing with mental health crises and may

provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an evaluation, and/or make referrals as needed.

- NAMI Main Line has compiled resources for **Coping with and Preparing for a Crisis** at <https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>.
- Warm Lines offered by counties provide one-on-one support (in Southeastern PA, see <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/help-lines-and-warm-lines/>).
- NAMI National has helpful information about the risk of suicide and preventing suicide at <https://nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>.
- SAMHSA has prepared [Helping Your Loved One Who is Suicidal: A Guide for Family and Friends](#) which provides information on understanding suicide, warning signs and action steps to take, and ways to prevent future attempts and keep your loved one safe.
- Additional advice is available at <https://namimainlinepa.org/suicide-prevention-coping-with-the-aftermath/>.
- Healthy Minds with Dr. Jeffrey Borenstein has created a video on Suicide Prevention at <https://tinyurl.com/yanemdyo>.

### **Mental Health Screening Tools**

If you are wondering whether it would be advisable to seek professional help, these screening tools can help you evaluate your situation (or your child's).

- Online screening tools for Adults, Adolescents and Parents (many tools are also available in Spanish: <http://www.mentalhealthamerica.net/mental-health-screening-tools>)
- Online screening tool for behavioral health: <http://screening.mentalhealthscreening.org/cityofphila>
- Online screening tools in Spanish (Pruebas de Salud Mental): <http://www.mentalhealthamerica.net/pruebas-de-salud-mental-en-espanol>

### **Participants Needed for Study on Early Intervention for Youth At-risk for Bipolar Disorder**

Researchers at the University of Pittsburgh School of Medicine are conducting a study to understand the effectiveness of two psychotherapy approaches in preventing or decreasing the severity of psychiatric symptoms in adolescents with a family history of bipolar disorder. The study is for youth ages 12–18 years old who have a parent diagnosed with bipolar disorder. Participation is voluntary and information provided by participants will be kept confidential. Participants will be compensated for their time. For more information, please go to <https://www.keyro1.pitt.edu/>. For questions, please contact Kelly at [KEY2STUDY@pitt.edu](mailto:KEY2STUDY@pitt.edu) or 412-246-5796.

### **“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](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 July and August, 2022.

General Contributions:  
 Anonymous (2)  
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 Jerome Taylor

In Honor of Sharona Dunoff:  
 Judith Price

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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