

Accomplishments in 2022
(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.

“In this season of thanks and giving, we want to tell you how we value and appreciate your work with NAMI and F2F. As we continue to deal with our son’s mental illness, the support, resources and information we have received from you has been invaluable. We just want to say thank you!”

- Our support groups have continued to meet online.
 - Bryn Mawr Family Support Group for family members – meets monthly
 - Havertown NAMI Family Support Group for family members – meets monthly
 - Parent Peer Support Group – meets weekly
 - NAMI Connection Recovery Support Group – meets weekly
 - Wellness Chat for Family-to-Family Graduates - meets monthly

“The support group was really a great experience! I enjoyed the friendly and supportive atmosphere at the group and how members helped and supported each other!”

“I wanted to take a minute and thank you for the weekly emails. Our schedule has not allowed us to join in the Wednesday evening discussions, but I want to share how valuable your emails and the information you share has been to us as a family as we prepare to send our daughter to college in the fall. Thank you for your time and talent.”

- Main Line NAMI Workshops and Forum presentations:
 - “The Effects of Mental Illness on All Family Members”, with Ellen Berman, MD
 - “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, and Michael Harper, Esq.
 - “Helping Adolescents and Young Adults who are Experiencing Mental Health Challenges”, with Tingfang Chen, MD and Christian Kohler, MD
 - “Living with Mental Health Challenges: Maintaining a Positive Approach Even When Times are Hard”, with Ed Kane and Danielle Sulpizio, Coleaders of our NAMI Connection Recovery Support Group and Denise Hay and Ingrid Waldron, family members
 - “Improving Mental Health Crisis Services: Changes and Challenges in Montgomery, Philadelphia, Chester and Delaware Counties”, with Kenny Solanke, MSW, Vera Zanders, Candy Craig, and Shannon Thomas, MA

“Thanks for a very informative and helpful session.”

- Information and support in response to frequent e-mail and telephone requests

“Thank you so much for all this information! I apologize that I haven’t responded sooner but I just now saw your email ... it contained so much likely very useful info on options and possibilities.”

Community Outreach

- Thirty-seven educational presentations to groups, including secondary school students, nursing students, medical students, physician’s assistant students, and community organizations

“We talk about cases in the counseling skills class, and also show video demonstrations; but hearing lived experiences creates a deeper space for understanding and empathy. I think this

allows growing professionals to see clients as humans, as people with struggles, rather than focusing on a diagnosis. Students often focus on perfecting the “right skills,” and I think this presentation was a helpful reminder of why we are doing the work we are doing.”

“The speaker was very relatable! Her story of how she arrived at her diagnosis and how she managed some of her symptoms highly engaged the students. She did an excellent job at providing thoughtful and nuanced responses to student questions.”

“Your presentation was excellent. Thank you for sharing your lived experience. It helps to deconstruct the stigma that is too often attached to mental illness. Students see people in the clinical setting who are in crisis, and they don't realize that most people with mental illness are doing well and can have full and satisfying lives. Thanks for putting a face on what recovery looks like.”

- Community outreach before and during our NAMIWalks Main Line PA event

“Thank you so much for organizing a wonderful walk event. It was good to see so many people from such different walks of life at the event.”

“I'm grateful I got to be a part of this experience this year.”

Electronic Outreach

- Developed a new resource on our website:
 - [“How to Find Helpful Mental Health Apps”](#)
- Updated several of our most frequently used web pages, including:
 - Crisis Numbers (<https://namimainlinepa.org/crisis-numbers/>)
 - Resources for Coping with, Preparing for and Preventing a Crisis (<https://namimainlinepa.org/resources-for-coping-with-preparing-for-and-preventing-a-crisis/>)
 - Mental Illness, Treatments, Coping & Practical Help (<https://namimainlinepa.org/info-resources/mi-help/>)
 - multiple sections of our Resource Guide (<https://namimainlinepa.org/services-in-sepa-2/resource-guide/>)
 - Volunteer with Us (<https://namimainlinepa.org/home/volunteer-with-nami-pa-main-line/>)
- Distributed and Web-published to more than 800 contacts:
 - NAMI Main Line bi-monthly President's Message and Newsletter (<https://namimainlinepa.org/home/newsletter/>)
 - NAMI Main Line 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, 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