



NAMI Main Line PA
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NAMI Main Line PA Newsletter – January 2023

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President's Message

We hope you will join us for our Forum series:

- **Future Care and Financial Planning for Individuals with Special Needs: What Every Caregiver Needs to Know** on Sunday, **January 29**, 2-4 p.m. Register at <https://tinyurl.com/1847FinancialJan29>.
- **Estate Planning for Families of Individuals with Special Needs** on Sunday, **March 5**, 2-4 p.m. Register at <https://tinyurl.com/EstatePlanningMarch5>.

We are grateful to everyone who supported our end-of-year giving campaign which supports our free services for people with mental illness and their families and friends. If you would like to make a [donation](#), it's not too late.

Best wishes for 2023,
 Ingrid Waldron, President

NAMI Main Line PA Support Groups and Events

Event: Main Line NAMI and 1847Financial will present forum, **“Future Care and Financial Planning for Individuals with Special Needs: What Every Caregiver Needs to Know”**

Date: Sunday, **January 29**, from 2-4 p.m.

Place: Virtual Event on Zoom

Note: In this forum, presenter Pat Bergmaier, CFP®, ChSNC®, will provide an overview of financial & estate planning for families that have dependents with special needs. He will address critical areas of concern, such as navigating and maximizing government benefits through an overview of programs such as SSI/SSDI, Waivers & Social Security. The presentation will also address important estate planning considerations such as Wills, Special Needs Trusts, and the differences between Guardianship and Powers of Attorney. Finally, it will make attendees aware of how special needs financial planning is different than traditional financial planning. Strategies will be presented to address funding of special needs trusts, tax planning considerations, and ensuring quality of life and lifetime care are maintained for loved ones. Our goal is to make sure attendees learn the importance of integrating all the necessary pieces into one cohesive plan, so the vision they have for their child’s life can become a reality, whether they are here or not. Click here to register. Register at <https://tinyurl.com/1847FinancialJan29>.

Event: Main Line NAMI and Anderson Elder Law will present forum: **“Estate Planning for Families of Individuals with Special Needs”**

Date: Sunday, **March 5**, from 2-4 p.m.

Place: Virtual Event on Zoom

Note: Severe mental illness is a chronic illness, which means that parents of affected individuals must name strong advocates in their estate planning documents. These important surrogate decision makers must know how to use the estate planning documents to serve as an important safety net. For those who include a special needs family member in their estate plan, it is critical to understand the different types of trusts that are available and how best to structure for asset protection, as well as care planning. All this and more will be presented, with plenty of time for your questions. Our presenter, Linda M. Anderson, ESQ, LL.M., CELA, is the founder and principal of Anderson Elder Law, a firm in Media, PA serving clients of all ages throughout the Delaware Valley. She is dedicated to helping individuals and families navigate legal, financial, and medical issues related to elder law, estate planning, and long-term care and special needs planning. Register at <https://tinyurl.com/EstatePlanningMarch5>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meeting on January 2)

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** (Next meeting on January 17)

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.

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.

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.

Other Virtual and In-Person Events and Support Groups

Event: **Belonging, the Flip Side of Adversity**

Date: Thursday, **January 12**, from 2:30 - 4 p.m.

Place: Virtual

Note: This presentation is the first in a series of three virtual presentations hosted by the PA Care Partnership this winter. Dr. Vierdre Jackson will discuss belonging in a post-pandemic world. Dr. Veirdre Jackson is CEO/ Founder: Living Strong Consulting. She is an award-winning author, educator, and entrepreneur recognized as a leading educational trainer in trauma-informed practices and cultural competence. Through her experiences with systems-based approaches to Trauma Awareness and Competency Development, the Resiliency Approach, and Positive Behavior and Intervention Strategies, she has harnessed her passion for building organizational resilience and personal strength on behalf of youth, families, and educational professionals. To register, go to <https://tinyurl.com/43ted5fu>. For questions, please contact Nancy Massey at nancy@massey.net.

Event: **Understanding the Basics of OVR** (Office of Vocational Rehabilitation)

Date: Wednesday, **January 18**, from 10 - 11:30 a.m.

Place: Webinar

Note: This presentation is sponsored by Achieva Family Trust and The Arc Erie County. Join Jill Seus Starr and her colleagues from the Office of Vocational Rehabilitation (OVR) as they explain the OVR process, including general OVR services, transitioning services, supported employment, and paid work experience. For more information and to register, go to <https://tinyurl.com/4bmvses>.

Event: **The State of Black and Brown Mental Health - What's Working: Potential Solutions**

Date: Tuesday, **January 24**, from 12 – 2 p.m.

Place: Virtual

Note: York County System of Care is hosting this group conversation about potential solutions providing the opportunity to discuss the challenges communities of color face in meeting mental health needs. Participants will have the opportunity to share what's currently happening (positive outcomes) in and around the mental health system to support families of color seeking care. In preparation for this session, please come to the conversation prepared to respond/share your thoughts to these specific questions:

- What's working in your area for families, particularly in communities of color?
- What barriers remain for families, or where remain for communities of color?
- What fresh, creative ideas/solutions can be shared with others?

There will be breakout sessions to discuss these questions. If you cannot join the conversation and wish to contribute, please respond to the questions and email those responses to LMKennedy@YorkCountyPA.gov. Also, if you have any questions, please do not hesitate to reach out. To register, please go to <https://tinyurl.com/3cnssxd7>.

Event: **Cultural Humility, Intentionality, and Vulnerability: The Vital Ingredients for Engaging Diverse Communities** with Dr. Esther Hio-Tong Castillo

Date: Thursday, **January 26**, from 2:30 - 4 pm

Place: Virtual

Note: This is the second virtual presentation in the series of presentations hosting by PA Care Partnership. In our increasingly diverse society, learning how to engage with communities of different backgrounds becomes essential know-how for many practitioners and community workers. When it works, community engagement can help build trust, overcome a scarcity mentality, and promote equity for historically marginalized groups. This webinar will discuss cultural humility, intentionality, and vulnerability and why they are vital ingredients for inclusive and equitable community engagement with patients, clients, and community members. Dr. Castillo will provide concrete examples of how to apply these concepts in diverse community settings. To

register, go to <https://tinyurl.com/unp3c348>. For questions, please contact Nancy Massey at nancy@massey.net.

Event: Book Discussion: "**What My Bones Know: A Memoir of Healing From Complex Trauma**" by Stephanie Foo

Date: Thursday, **January 26**, from 7 – 8 p.m.

Place: Virtual

Note: NAMI Butler County PA will host this virtual book discussion on Zoom. Stephanie Foo, an award-winning journalist, investigates the little-understood science behind complex PTSD and how it shaped her life. All participants are welcome, even if they didn't read the book. For more information, call 724.431.0069, email info@namibutler.org, or go to <https://tinyurl.com/5653bynr>.

Event: **Structural Racism and Psychiatric Practice: A Call for Sustained Change**, with Dr. Rachel Talley

Date: Friday, **February 10**, from 2:30 - 4 pm

Place: Virtual

Note: This is the third virtual presentation hosting by PA Care Partnership. Dr. Talley will use examples from her clinical and supervisory work to highlight the urgent need to integrate techniques addressing racial identity and racism into psychiatric practice and teaching. This urgency is underlined by extensive evidence of psychiatry's long-standing systemic inequities. Our field suffers not from a lack of available techniques but rather a lack of sustained commitment to understand and integrate those techniques into our work; indeed, there are multiple published examples of strategies to address racism and racial identity in psychiatric clinical practice. She will provide recommendations geared toward more firmly institutionalizing a focus on racism and racial identity in psychiatry and suggest applications of existing techniques to our initial clinical examples. Dr. Talley directs the University of Pennsylvania's Fellowship in Community Psychiatry, a post-residency training program that teaches administrative and leadership skills to grow the next generation of public sector psychiatric leadership. She has several years of frontline clinical experience in community-based settings, and is currently staff attending at Horizon House, Inc and sees patients in outpatient, integrated care, intensive case management, and homeless services settings. To register, go to <https://tinyurl.com/bdhrzp82>. For questions, please contact Nancy Massey at nancy@massey.net.

Event: **Mental Health First Aid Trainings for Winter 2023**

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 November and December. 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 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/>.

**Registration Open for NAMI Keystone Pennsylvania's
Child, Adolescent and Transition Age Youth Mental Health Conference**

Registration is now open for NAMI Keystone Pennsylvania's 2023 Child, Adolescent, and Transition Age Youth Mental Health Conference, *Pursuit of Perfection and the Impact on Youth Mental Health*. The conference will take place on Friday, Feb. 10, at The Westin Pittsburgh and will feature a keynote presentation, plenary speaker, panel discussion, two sets of workshops, and resource tables. Continuing Education and Act 48 Credits will be offered.

The pressure to meet unrealistic expectations is difficult to maintain, especially for young people, and it's taking a toll on their mental health. From juggling the demands of academics, athletics, and other extra-curricular activities, to keeping up appearances on social media, young people are under a lot of stress to overachieve. While the pursuit of perfection isn't new, it is getting more intense. This conference will address the research and trends related to perfectionism, the challenges young people are facing, and how adults can offer support in reframing the concept. This conference is designed for parents and caregivers, mental health professionals, educators, and students in middle school, high school, and college. For more information and to register, please go to <https://namikeystonepa.salsalabs.org/CAMHCon2023/index.html>.

**NAMI Keystone Pennsylvania now Accepting Applications for
NAMI Family Support Group Facilitator Training**

NAMI Keystone Pennsylvania is now accepting applications for a NAMI Family Support Group Facilitator Training that will be held virtually on Jan. 21 and 22, from 9 a.m. - 4 p.m. each day. If you are interested in becoming a NAMI Family Support Group Facilitator in partnership with NAMI Main Line PA, please contact us at nami.main.line.pa@gmail.com to discuss your interest. Applicants are required to have the endorsement of their local NAMI affiliate in order for their application to be considered. The deadline to apply is Thursday, January 12, 2023. For more information, please go to <https://www.namikeystonepa.org/state-trainings/>.

Research Study Opportunities Shared by NAMI National

NAMI is committed to ensuring that the most effective treatments for mental illness are available to those who need them. Determining which treatments are most effective requires research. NAMI does not accept financial compensation for recruiting clinical trial participants. NAMI also does not endorse any products or treatments.

The first study is a survey on the Ethics of Mental Health Apps. This study is a confidential and anonymous online survey to gather adults' views on the ethics (privacy and safety) of mental health apps. Mental health apps include mood trackers, therapy apps, mindfulness apps, etc. The survey will take about 10 minutes to complete. Participants will receive a \$20 gift card for completing the survey. Researchers are seeking 1,000 respondents. Individuals may be eligible for this study if they are 18 years of age or older and have used or strongly considered using apps for mental health management.

This study takes place entirely online. For more information, please go to <https://tinyurl.com/3v9eww8u>. If you would like to participate in this study, please access the survey here: gato.stanford.edu/mhealthethics.

The second study is for first-degree relatives (parents, children, siblings) of individuals with schizophrenia. The goal of the study is to learn about people's understanding of and interest in psychiatric polygenic risk scores (PRS), a type of experimental genetic technology that may help predict the likelihood of developing certain psychiatric conditions and therefore inform personal decision-making related to risk. The PRS technology is not currently used in clinical settings but is being used in research settings in an exploratory fashion. Participants will complete a 5-10 minute online survey and participate in a Zoom interview lasting up to 90 minutes. All interviews will be conducted by January 31, 2023. If you have questions or would like more information, please visit the survey link: https://umaryland.az1.qualtrics.com/jfe/form/SV_6lIGyXE57yOefSC.

New NAMI Book in the Works - Will You Tell Your Story?

As a follow-up to Dr. Ken Duckworth's National Bestseller, "[You Are Not Alone](#)," Dr. Christine Crawford, NAMI's Associate Medical Director, is writing a NAMI book focused on youth mental health. The book, scheduled for release in the fall of 2023, will be a resource for caregivers, family members, teachers, and clinicians.

NAMI is interested in speaking with those who are willing to share their story from the following areas:

- Parents of children with mental health conditions.
- Young adults who can share their experience with mental illness during their childhood or adolescence.
- Teachers or other educators who are working toward creating positive mental health environments in their classrooms.

If you know someone who would be interested in speaking with the book research team, please refer them to azielinski@nami.org. They should include their name and an overview of their experience with mental health in their correspondence.

NAMI Applauds Wins for Mental Health in Year-end Legislation

(see <https://nami.org/About-NAMI/NAMI-News/2022/NAMI-Applauds-Congressional-Focus-on-Mental-Health-in-Year-End-Legislation>)

In December, congressional leadership released a \$1.7 trillion spending package that includes significant investments to expand mental health care and policy changes that will help improve the lives of people affected by mental health conditions. NAMI applauds the omnibus legislation, which will fund the federal government through the remainder of the 2023 fiscal year (FY 23). Highlights include:

- **Improving crisis care:** Providing \$501.6 million for the 988 Suicide and Crisis Lifeline, supporting the 988 network to increase capacity as demand continues to grow.
- **Extending telehealth flexibilities:** Extending telehealth provisions in Medicare through the end of 2024, including delaying the in-person requirement to receive tele-mental health and allowing audio-only telehealth.
- **Expanding the mental health workforce:** Adding marriage and family therapists and mental health counselors as covered providers in Medicare starting in 2024.
- **Improving care for justice-involved youth:** Requiring states to provide screening, diagnostic care and case management services for justice-involved youth eligible for Medicaid or CHIP 30 days prior to their release from incarceration starting in 2025.

The legislation also reauthorizes key Substance Abuse and Mental Health Services Administration (SAMHSA) programs through 2027.

For FY 23, Congress made key investments in several important mental health programs, including:

- **\$2.34 billion for the National Institute for Mental Health (NIMH)**
- **\$1.01 billion for the Mental Health Block Grant (MHBG)** The MHBG helps state and local governments address gaps and needs in their communities, including requiring states to spend at least 5% of their block grant funds for mental health crisis services.
- **\$360 million for Section 811 housing**
- **\$13.9 billion for Mental Health and Suicide Prevention Programs** at the Department of Veterans Affairs, an increase of \$700 million from FY 22.

For more information about how the legislation impacts mental health, go to <https://tinyurl.com/49h4ksw7>.

Please Support Our Work



NAMI Main Line PA

National Alliance on Mental Illness

As we close another year, we reflect on our efforts to provide meaningful education, support and advocacy about mental illness and its impact on individuals, their loved ones, and the wider community. In 2022, we delivered:

- 1** [Website](#) that provided helpful information for more than **48,000** visits
- 2** Family-to-Family educational programs, serving **24** family members and friends
- 5** Community workshops, with **165** participants
- 8** Presentations to community and religious groups, reaching **263** individuals
- 12** Awareness events, meeting **778** table visitors
- 37** Presentations to educational institutions, reaching **1,530** students and teachers
- 52** Weekly bulletins, including **6** bimonthly newsletters, to **810** subscribers
- >120** Responses to individual requests for information
- 136** Support group meetings, serving more than **85** people each quarter
- 144** Posts for **3,080** followers across our social media channels

Looking ahead, we aim to broaden our reach in the community and support more people through their journeys of recovery and care. We will continue to raise awareness of mental illness and advocate for better services in 2023.

The demand for mental health services has increased exponentially over the last couple of years in all sectors and age groups. In order to keep up with this growing demand, we need your help. At this time of year, as you reflect on what is important to you, please consider a donation to NAMI Main Line PA to keep our free services readily available to the communities we serve.

Please make a donation in support of our work: <https://namimainlinepa.org/donate/>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in November and December, 2022. Please note that this list does not include our those who contributed to our NAMIWalks event.

General Contributions:

- Anonymous (5)
- Barbara and Edward Scolnick Family Fund of the Philadelphia Foundation

In Honor of Nora Hunt-Johnson:

Mary Jane Emery

In Memory of Evan Kaplan:

Loran Kundra

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.**