



NAMI Main Line PA
 Affiliated with National Alliance on Mental Illness
www.NAMIMainLinePA.org
info@NAMIMainLinePA.org
 267-251-6240

NAMI Main Line PA Newsletter – March 2023

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President's Message

We hope you will join us for our Forum:

- **Estate Planning for Families of Individuals with Special Needs** on Sunday, **March 5**, 2-4 p.m. Register at <https://tinyurl.com/EstatePlanningMarch5>.

We invite you to explore our resources for helping [children, teens](#) and [young adults](#) who have a mental health problem. These resources include advice to help young people succeed in school or college and to help a young person with a family member with a mental health problem. (see pgs. 3-4)

Best wishes,
 Ingrid Waldron, President

NAMI Main Line PA Support Groups and Events

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, LLM, 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 March 6)

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 March 21)

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: In-person meetings on the 1st and 3rd Tuesdays; Zoom Meetings on the 2nd and 4th Tuesdays. When there is a 5th Tuesday, the meeting will be 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 in-person location and/or 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: **Shedding Light on Depression and Stigma**

Date: Friday, **February 24**, at noon

Place: Radio program on WHYY

Note: Listen to Marty Moss-Coane on her new show, The Connection, as she discusses the root causes of depression and changes in treatment. The show will also look at why stigma persists and discuss the best ways to support a loved one who is battling the mental illness. For more information, see <https://whyy.org/episodes/shedding-light-on-depression-and-stigma/>.

Event: NAMI Montgomery County's **“Sharing Hope: Supporting Mental Health in the Black Community”**

Date: Friday, **February 24**, from 6:30-8:30 p.m.

Place: In-person at Montgomery County OIC (1101 Arch Street in Norristown) or Join Online

Note: Sharing Hope discusses mental health in the Black community through testimony, video, and panel discussion of community leaders engaged in conversation on stigma, healing, and support. Join this discussion on raising awareness, education and support for mental health in

the Black community, with a 2/24 focus on mental health among Black men. For more information or to register, go to <https://namimontcopa.org/upcoming-events/> and click on the event flyer. Registration is required for both in-person and virtual attendees.

Event: **NAMI Philadelphia's Family-to-Family Education Program**

Date: Begins on Wednesday, **March 8**, 2023

Place: Contact NAMI Philadelphia for more information.

Note: Family-to-Family (F2F) is a free, 8-week education program that is structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is taught by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. F2F is offered as a community service without charge. Registration is Required. For more information and to register, go to <https://namiphilly.org/support-and-education/mental-health-education/nami-family-to-family/>.

Event: **NAMI Delaware County's Family-to-Family Education Program**

Date: Begins on Thursday, **March 23**, and meets once a week from 6:00pm-8:00 p.m.

Place: Delaware County Intermediate Unit, 200 Yale Ave., Morton, PA 19070

Note: Family-to-Family (F2F) is a free, 8-week education program that is structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. The course is taught by trained volunteer family members who know what it's like to have a loved one with a serious mental illness. F2F is offered as a community service without charge. Registration is Required. If interested, please email your address and phone number to: infonamipadelco@gmail.com. **You must register in advance.**

Event: Film Screening and Discussion: **"Walking While Black: L.O.V. E. is the Answer"**

Date: Tuesday, **April 11**, at 6:30 p.m.

Place: Zoom

Note: This film screening and training will be presented by NAMI Bucks County PA and The Peace Center in Langhorne, PA. More than four years in the making, "WALKING WHILE BLACK: L.O.V.E. Is The Answer" presents proven action steps to bridge the painful gap between peace officers and the communities they serve. L.O.V.E. is an acronym for Learn about the community and the people in it, Open your heart to the humanity of people in the community, Volunteer yourself to be part of the solution, and Empower others to do the same. Featuring interviews with peace officers, faith leaders, educators, activists and others, the film offers an inspiring blueprint to end racial profiling and heal our communities. For more information and to register, go to <https://www.classy.org/event/walking-while-black-l-o-v-e-is-the-answer-film-screening/e464278>.

Event: **Mental Health First Aid Trainings for Spring 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-trainings.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/>.

Resources for Youth, Teens and Young Adults

NAMI Main Line volunteers and staff have developed two useful pages on our website that provide much helpful information about resources for helping children, teens and young adults with mental health challenges.

Please see **Resources for Helping Your Child or Teen with Mental Health or Behavioral Problems** (<https://namimainlinepa.org/support/services-for-children-and-teens/>) for:

- General information, advice and resources:
 - Learning to Help your Child and Your Family
 - Parenting a Child with Mental Illness
 - Mental Health Books for Children and Teens and Their Parents
 - How to Access Valuable Behavioral Services in PA
- Resources for Helping Children/Teens Succeed in School
- Resources for Helping Children/Teens Who Have a Family Member with Mental Health Problems

Please see **Resources for Transition Age Youth (16-24)** (<https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>) for information about national, Pennsylvania and greater-Philadelphia-area resources to help transition-aged youth (ages 16-24) who are living with mental health needs, as well as their family members.

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). This guide is designed to help college students understand and talk about mental health.

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>.

New Resources for Parents and Caregivers from the Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) believes that peer support is a powerful wellness tool that is beneficial to both peers and their supporters. They have developed the following initiatives to make peer support available to parents and caregivers of children with mood disorders:

Parent and Caregiver National Online Support Groups

To ensure every parent and caregiver has the support, resources, and tools they need to help their loved one succeed, DBSA has launched weekly [support groups for parents and caregivers](#) of those living with mood disorders. They are free, 90-minute, online support groups for parents and caregivers (PCG) of young or adult peers living with a mood disorder. Groups are organized by age of the parent or caregiver's loved one and are as follows: PCG (4-10), PCG (11-17), and PCG (18+). DBSA's support groups are organized in this way to connect parents and caregivers with other individuals who have children in a similar stage of life. Each age group will have its own unique experiences and set of challenges, and DBSA wants parents and caregivers to know that they can connect with others, no matter what stage their child is in.

Parent to Parent Network

DBSA is proud to partner with Robert Louis Stevenson School's [Parent-to-Parent Network](#) (P2P Network). P2P Network offers parent-driven resources and support in real time. Personal and intimate, this monthly online forum, hosted by Stevenson, is free and open to parents and primary caregivers nationwide raising emotionally complex children and young adults. P2P meetings are intentionally not divided by children's ages – this allows all parents to relate as one, with individualized differences, helping with a wide array of experiences, parent perspectives, resources, learning and support. Attendees offer and ask for resources and share parenting experiences.

The [Parent and Caregiver Network](#) (PCN) is an online support community for parents and caregivers to find connections, resources, and hope. The online community has special interest groups, forums, and other resources to support you along your journey. It is an opportunity to connect with a community of individuals who understand the realities of supporting a loved one living with a mood disorder.

To learn more about any of the above initiatives, or to register, click the link below.

<https://bit.ly/ParentsandCaregiversDBSA>

NAMI Keystone's Response to Senator John Fetterman's Treatment for Depression

(Modified from press release issued by NAMI Keystone Pennsylvania on February 16, 2023)

Last week, we saw the news reports stating that Sen. John Fetterman was receiving treatment for clinical depression at Walter Reed hospital. We would like to commend Sen. Fetterman for seeking treatment for this common condition. According to [NAMI](#), about 21 million U.S. adults, or 8.4% of the population, had at least one major depressive episode in 2020. People of all ages and all racial, ethnic, and socioeconomic backgrounds experience depression, and it is the leading cause of disability worldwide. But there is effective treatment for depression and people who experience the condition can live fulfilling lives. Asking for help can be a difficult decision for individuals and families, but it's an important step in the recovery process and we wish him well.

Resources for Understanding and Coping with Depression and Other Mental Illnesses

For more information about depression, please see <https://namimainlinepa.org/specific-diagnoses-and-conditions/#Depression>.

For information about symptoms, diagnosis, treatment and coping strategies for a variety of other mental health conditions, please see <https://namimainlinepa.org/specific-diagnoses-and-conditions/>.

Additional resources for coping with mental illness, including information about mental illnesses and treatments, is available at <https://namimainlinepa.org/info-resources/mi-help/#mental-illnesses-and-treatments>.

Mental Health Screening Tools

If you are wondering whether it would be advisable to seek professional help for mental health concerns, 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>

Crisis Information: 988 Suicide & Crisis Line, Additional Resources

How can I reach 988?

You can call 988, text 988 or chat via the Lifeline's website (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/>).

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/>.

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.

Save the Date for NAMI Keystone PA's Mental Health and Wellness Conference

NAMI Keystone PA's 2023 Pennsylvania Mental Health and Wellness Conference will take place in person on May 22-23 at the Best Western Premier: The Central Hotel and Conference Center in Harrisburg.

The annual event is an opportunity for peers, caregivers, advocates, and mental health professionals to experience a one-of-a-kind conference that will provide a platform to learn, share, and network.

The conference will feature keynote presentations, workshops, resource tables, and networking. Continuing Education Credits will be offered. More information will be available soon at <https://www.namikeystonepa.org/education/conferences/2023pamhcon/>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in January and February, 2023.

General Contributions:

Anonymous (1)
Glenn and Nancy Dever
James Paulson
Trudy and Jay Smith

In Memory of Alexis Ariano:

Clare and Nicholas Ariano

In Honor of Judy Green:

Darlyne Bailey

In Memory of Jade Cohen:

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