



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 – May 2023

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Main Line NAMI President’s Message

We hope you will join us for our Workshop, **Suggestions for Improving Communication with Your Loved One**, this Sunday, **April 30**, 2-4 p.m. For more information and to register, please go to <https://tinyurl.com/NAMICommunicationWorkshop>. (see below)

In honor of Mental Health Awareness Month in May, we urge you to **join our affiliate or renew your membership** (<https://namimainlinepa.org/sign-up/>). (see page 6)

Best wishes,
 Ingrid Waldron, President

NAMI Main Line PA Support Groups and Events

Event: Main Line NAMI Workshop: **Suggestions for Improving Communication with Your Loved One**

Date: Sunday, **April 30**, from 2-4 p.m.

Place: Virtual event on Zoom

Note: This workshop can help you to improve your communication with a loved one or friend who may be dealing with the various challenges of a mental health condition such as anxiety, depression, mania, distress, delusions, hallucinations, or other symptoms. The workshop will include several presentations, followed by opportunities to work in small groups to practice skills that can contribute to better communication, as well as opportunities to share your experiences and plan for improvement. The workshop will be facilitated by Ingrid Waldron (affiliate President) with the assistance of Judy Green, Nora Hunt-Johnson, Ed Kane, Edie Mannion, and Danielle Sulpizio. For more information and to register, please go to <https://tinyurl.com/NAMICommunicationWorkshop>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meeting on May 1)

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 May 16)

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. (Next meeting on May 25)

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: CMC: Foundation for Change’s **Family Mondays**

Date: The **first and many second Mondays of every month**, from 6:00-7:00 p.m.

Place: Virtual sessions on Zoom

Note: Family Mondays are 1-hour learning and support sessions open to anyone who loves someone struggling with substance use. Led by Dr. Nicole Kosanke, one of the authors of *Beyond Addiction*, each session covers a new topic related to helping your loved one (and yourself) from a place of compassion. Dr. Kosanke’s approach is based in psychological research and a principle of kindness. All are welcome to attend. Sessions happen on the first Monday of every month, as well as many second Mondays. The upcoming topics are: *Communication with Defensive Loved Ones* (for parents and families on **May 1**), *SMART Goals for Summer Planning* (for parents and families on **June 5**), and *Special Considerations for Partners in Summer Planning* (for spouses/partners on **June 12**). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

Event: **Be Nice To One Another, And Other Things She Has Learned From Kids** with Gab Bonesso

Date: Wednesday, **May 3**, from 12-1:30 p.m.

Place: Virtual event

Note: The Pennsylvania Care Partnership is excited to have Gab Bonesso return as a speaker during their 2023 Speaker Series. Gab spends a lot of time with kids as a school visitor and

performer and will bring us her unique perspective on youth and young adults with mental health diagnoses. Gab will share her observations about kids, how the pandemic has changed them, teachers and their burdens, and the kindness that lives in the middle of it all. Participants will learn about being nice to others, identifying a trusted adult, caring for yourself and one another, fear of vulnerability, and the beauty of grace. Gab will provide videos of kids she has interviewed, and participants will hear their take on what is happening in their world. For more information and to register, please go to https://us02web.zoom.us/webinar/register/WN_gLTf3-ImQ0-J4AjYIc57CQ#/registration.

Event: Challenging Stigma: Helping Friends & Families Understand Addiction

Date: Tuesday, **May 9**, at 6:30 pm

Place: Haverford Township Free Library, Community Room

Note: Friends, family and community members are invited to this interactive conversation. This program is made possible through a partnership between the Haverford Township Free Library, Be a Part of the Conversation, and the Haverford Alliance for Drug Awareness (HADA). The presentation will include a treatment professional and an individual in recovery. Together they will address:

- Why it is that some people become addicted, while others do not.
- How to respond when we are concerned about someone's substance use.
- How we can challenge stigma and remove obstacles to seeking treatment and support.
- How we find recovery as individuals, as families, and as a community.

The program will feature special guest, Michael Blanche, MSS, LCSW. Michael is the co-founder of Ethos Treatment, LLC. He is a licensed clinical social worker with more than twenty years of experience providing all levels of direct clinical care in the treatment of addiction and mental health. Registration is required. To register, go to www.convo.zone/haverford

Event: Mental Health: Overcoming the Social Stigma

Date: Begins on Wednesday, **May 10**, at noon

Place: Virtual event

Note: 75% of mental illness occurs before a person turns 24, but when we think of someone with a mental health challenge, we rarely picture a child. Attend to learn more about mental illness and its effects on 1 in 4 people, including our children. Join the PEAL Center and Parent and Family Alliance to learn: -

- Facts to dispel myths and misinformation.
- How to be an ally to those living with mental health challenges.
- Understand what mental health recovery means.

To register, please go to <https://tinyurl.com/567xpce6>.

Event: Is It Substance Abuse, Is It Mental Health, or Is It Both?

Date: Thursday, **May 25**, from 12-1:30 p.m.

Place: Zoom

Note: The Pennsylvania Care Partnership is hosting this event with speakers Kevin Puskaric and Jamal Ford. Participants will leave with a better understanding of "co-occurring", where it begins, and how it grows. When a mental health issue exists, whether diagnosed or not, participants will learn how they are at risk of substance addiction. Participants will also learn why a substance abuse addiction can trigger a mental health issue. Often youth using drugs and alcohol are too young to understand or believe they are at risk of addiction. Kevin will tell his story of addiction as a teen through his recovery and his work today. Jamal will share his work at a halfway house with youth with juvenile justice issues and addiction. For more information and to register, go to <https://tinyurl.com/36772bxj>.

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/>.

**May 11 is National Children's Mental Health Awareness Day:
Resources for Helping Youth, Teens and Young Adults With Mental Health Challenges**

National Children's Mental Health Awareness Day is a day to raise awareness of the importance of every child's mental health. Children with mental health challenges and their families need care, treatment and support. NAMI Main Line volunteers and staff have developed 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
- 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.

Mental Health Screening Tools for adults and youth (or for parents who are concerned that their children may have a problem) are available at <http://www.mentalhealthamerica.net/mental-health-screening-tools>.

Information about **detecting and treating Early and First Episode Psychosis** is available at <https://namimainlinepa.org/early-and-first-episode-psychosis-what-is-it-and-how-should-it-be-treated/>.

How to Access Valuable Behavioral Services in PA: Consider Medical Assistance for a Child/Teen with Serious Disability: <http://wp.me/P3QT8t-Nc>.

A list of **Mental Health Books for Children and Teens and Their Parents** is available at www.namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/.

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.

May is Mental Health Month

During the month of May, NAMI and participants across the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. We believe that these issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions.

This May, our posts and tweets will be focusing on educating the public about different mental illnesses, what they may feel like and what recovery looks like, as well as combating stigma. Please join us in raising awareness by following, liking and sharing our informative [Facebook posts](#) and [tweets](#) throughout the month of May. More information is available at <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>.

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-copeing-with-preparing-for-and-preventing-a-crisis/>.

The information on this page is separated into two sections – resources for coping with a crisis and strategies to help prevent and prepare for a crisis.

The first section includes the local and national crisis line numbers which provide access to free, confidential, compassionate crisis counselors 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 in-person evaluation, and/or make referrals as needed. This section also includes information about mobile crisis teams, links to advice on how to cope with a mental health crisis, links to advice on getting treatment during a crisis, and links to advice on how to cope with the criminal justice system.

The second section includes information on how to prevent and prepare for a crisis. Strategies to help prevent a crisis include links to information about treatment programs and warm lines, links to helpful communications strategies to improve your communication with a loved one struggling with their mental health, and links to caregiver education and support programs that can provide information, advice and practical strategies for caregivers.

Strategies to help prepare for a crisis include information about how to set up a Mental Health Advance Directive (Psychiatric Advance Directive), which allows a person with mental illness to indicate his/her treatment preferences and designate a Power of Attorney for health care who can be authorized to make treatment decisions on his/her behalf in the event of a mental health crisis, as well as tips on how to notify first responders in advance of a crisis and suggestions for how to store important documents so that they are easily found.

May is Mental Health Awareness Month
NAMI Main Line PA invites you to
Become a New Member or Renew your Membership Today



Be a part of our mental health community!
Your membership provides support and reliable information
to people across our neighborhoods.

- Join NAMI at all three levels - national, state and local - with one payment!
- Choose the membership level that works for you:
 - \$60 per year for a Household membership for all household members living at the same address
 - \$40 per year for a Regular individual membership for one person
 - \$5 per year for an Open Door membership for an individual member with limited financial resources
- Strengthen the NAMI voice in advocacy with state and national legislatures.
- Support our local NAMI programs.

[JOIN OR RENEW ONLINE TODAY](#)

Consider an additional donation to honor Mental Health Awareness Month

Learn more about our Support Groups and find much helpful information
at <https://namimainlinepa.org/>

NAMI Main Line PA is a 501(c)3 Charitable Organization
The official registration and financial information of NAMI Main Line PA may be obtained from the Pennsylvania Department of State by
calling toll free, within Pennsylvania, 1-800- 732-0999. Registration does not imply endorsement.

NAMI Keystone PA's Pennsylvania 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. For more information and to register, please go to <https://www.namikeystonepa.org/education/conferences/2023pamhcon/>.

NAMICon 2023: Together for Mental Health

NAMICon will engage, challenge and include you in dynamic discussions and inspiring moments. It will introduce you to new ideas and tools you can take with you. It'll connect you with people who will go from strangers to community—all in the name of mental health awareness, education and advocacy. Join NAMI in Minneapolis (**May 24-27**) to attend more than 50 education sessions, meet others who are passionate about mental health, and make meaningful, lasting connections in an environment that energizes, inspires and educates. Or, join NAMI for the virtual conference (**June 6-8**) to watch sessions you missed in Minneapolis with live Q&A — as well as exclusive online-only sessions. Both offerings curate inspiring sessions and space for anyone who may be interested in listening, learning or sharing their unique personal or professional expertise. For more information, please go to <https://convention.nami.org/>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in March and April, 2023.

General Contributions:

Anonymous (3)
Sarah Nemoj

In Memory of Jade Cohen:

Anonymous (9)
The Aids Care Group
Perry and Ellen Berman
The Bitner Family
Barry and Anna Cohen

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: _____

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