



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 – July 2023

Table of Contents	
President’s Message – page 1	Activities that Provide Mental Health Benefits – page 5
NAMI Main Line Events/Support Groups – pgs. 1-2	Donor Recognition – page 6
Other Events/Support Groups – pages 2-3	Printable Membership Form – page 6
National Minority Mental Health Month – pages 3-4	
Mental Health for BIPOC Communities – pages 4-5	

Main Line NAMI President’s Message

We hope you will save the date for our forum, **“What types of mental health care are available in Southeastern Pennsylvania?”** on Sunday, **October 1**, 2-4 p.m. (see below)

We encourage you to read *Activities that Provide Mental Health Benefits* (page 5) for information and links to resources about several ways that you and your loved ones can **improve your mental health**, including creative activities, physical activity, being in nature, and seeking social connection and support.

Please see pages 3-4 for more information Bebe Moore Campbell National Minority Mental Health Month and resources for minority individuals with mental health challenges.

Ingrid Waldron, President
 NAMI Main Line PA

NAMI Main Line PA Events and Support Groups
All of our events and services are free of charge.

Event: Main Line NAMI Forum: **What types of mental health care are available in Southeastern Pennsylvania?**

Date: Sunday, **October 1**, from 2-4 p.m.

Place: Virtual event on Zoom

Note: Please join us for this forum to learn more about various types of mental health care in our area. We will have the following presenters and topics:

- Amanda Falivene-Rocco – Outpatient and Inpatient Treatment Options for Adults
- Kathleen Goughler – Services for Adolescents and Teens
- Karen Irwin – Supportive Residences

Each speaker will make a brief presentation, followed by plenty of time for Q & A. For more information and to register, please go to <https://tinyurl.com/MHsvcsSEPA2023>.

Event: Main Line NAMI Workshop: **Understanding and Managing Guilt and Toxic Guilt**

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

Place: Virtual event on Zoom

Note: Please save the date. We will be publishing a complete description of this event along with the registration information in our September newsletter.

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 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 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 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 July 31)

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: *Linking Your Values to Your Actions with Loved Ones* (for parents and families on **July 10**), *Opening Doors of Communication with Loved Ones* (for parents and families on **August 7**), and *Special Considerations for Partners in Opening Doors of Communication* (for spouses and partners on

August 14). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

Event: **Back to School! What do we need to know?**

Date: Tuesday, **August 8**, at noon

Place: Virtual event

Note: Pennsylvania Care Partnership is hosting this event in collaboration with OMHSAS. Beth-Ann McConnell, a mom, a school social worker, and a lover of resources, will talk to us about how to prepare ourselves and our children for their coming school year with consideration for their future. This webinar is for all caregivers, including families, guardians, foster parents, other people raising children, and those who support children of all ages from pre-school to high school graduation, including our educators. She will also address some of the specific needs of the many different cultures in our Commonwealth. You will walk away with resources to help you address your children's educational, health, and emotional needs. The resources provided will be helpful to people in all areas of Pennsylvania. For more information and to register, go to <https://tinyurl.com/4j6k7abw>.

Event: **Mental Health First Aid Trainings**

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/>.

July is Bebe Moore Campbell National Minority Mental Health Awareness Month

Join us as we honor and recognize Bebe Moore Campbell National Minority Mental Health Awareness Month this July. Bebe Moore Campbell was committed to creating safe spaces for people in communities of color to connect with others who share similar experiences and cultural backgrounds. Learn more about Bebe Moore Campbell at <https://tinyurl.com/BMCJuly2023>.

Join NAMI's #ShadesofMentalHealth campaign which recognizes and celebrates the rich diversity and uniqueness within the mental health community. It encourages inclusivity, empathy and understanding while striving for more equitable and culturally competent approaches to mental health support and care. Go to <https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month> and scroll down for sample social media posts and shareable graphics.

Bebe Moore Campbell National Minority Mental Health Awareness Month is also known as BIPOC Mental Health Month, where BIPOC refers to black, indigenous and other people of color. The theme of Mental Health America's 2023 BIPOC Mental Health campaign is Culture, Community, & Connection. Our lives are deeply intertwined with our environments, and these surroundings impact our mental health and overall wellness. Black, Indigenous, and people of color (BIPOC) populations are faced with disproportionate amounts of historical trauma and displacement that can challenge their ability to thrive in their environments. However, culture, community, and connection are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism. Learn more in these resources about how BIPOC communities have thrived. Resources are available at <https://mhanational.org/bipoc/mental-health-month>.

Resources for Helping BIPOC Communities with Mental Health Challenges

[Therapy for Black Girls](#): Online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area.

- [Therapist Directory](#): Find trusted therapists that can help you navigate being a strong, Black woman; can search for an in-office therapist by your location or a virtual therapist.

[Therapy for Black Men](#): Primarily a therapist directory for Black men seeking therapy; includes some resources and stories.

- [Therapist Directory](#)

[Therapy for Latinx](#): National mental health resource for the Latinx community; provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health.

- [Therapist Directory](#)
- [Book Recommendations](#)

[The Trevor Project](#): An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

- [TrevorLifeline/Chat/Text](#): 24/7 support via phone, text, or online instant messaging.

Please see the following resources for more information about BIPOC Mental Health Month and resources available for BIPOC communities:

- For more information about identity and cultural dimensions, including information and resources specifically for Asian-American and Pacific Islander, Black/African-American, Hispanic/Latinx, Indigenous, LGBTQI, and people with disabilities, go to <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>
- For helpful tips on finding a culturally competent provider, go to <http://bit.ly/2i6oolA>
- What We Need to Know & Do - A Faith-Based African-American Perspective on Mental Illness is available at <https://tinyurl.com/mr3m98f6>
- An infographic from NAMI on Multicultural Mental Health Facts can be found at <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>
- Stories highlighting cultural perspectives and experiences in mental health are available at <https://www.nami.org/Personal-Stories?categoryname=MMHAM>.
- A helpful video, "The Safe Place: Initiatives on Mental Health in the African American Community", is available at <https://tinyurl.com/2p8srsx5> [Watch the new docuseries](#), *Strength Over Silence: Stories of Courage, Culture and Community*. NAMI explores unique perspectives on mental health from the African-American

and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

Activities that Provide Mental Health Benefits

There are a variety of free and low-cost activities that provide mental health benefits, including creative activities, physical activity, spending time in nature, and seeking social connection/support groups (see pages 2-3).

The Adobe Foundation and the National Alliance on Mental Illness (NAMI) joined to In June, they released a new study that explores the potential of creativity to support our mental well-being. The study, "**Creative Approaches for Managing Mental Health**," surveyed nearly 2,000 people and reveals strong personal and mental health benefits for those who engage in creative activities, especially among marginalized communities. For more information, [click here](#). For free and low-cost resources, check out these suggestions:

- Discover Philadelphia published a great list of free and low-cost arts and culture activities at <https://www.discoverphl.com/blog/free-and-budget-friendly/> (scroll down).
- EventBrite is a searchable website that lists many free/low-cost craft and hobby classes (see <https://www.eventbrite.com/d/pa--philadelphia/hobbies--classes/>).
- Many local art centers also offer tuition free classes, including the [Main Line Art Center](#) in Haverford.
- YouTube has several free drawing tutorials (For example, see https://www.youtube.com/channel/UC_t0w4cPiBglM_E1RTybAeA).

NAMI California has compiled a series of research articles that show that time in nature is good for our mental health. Some studies and key findings are available at <https://namica.org/blog/mental-health-benefits-of-nature/>. Here are some suggestions for places to visit to spend time in nature:

- **Natural Lands** is a non-profit organization that saves open space, cares for nature, and connects people to the outdoors in eastern Pennsylvania and southern New Jersey. See <https://natlands.org/> for a list of local preserves with walking and hiking trails.
- **AllTrails** has 42 scenic trails in the Philadelphia area. See <https://www.alltrails.com/us/pennsylvania/philadelphia> for a list of trails and reviews.

Aerobic exercise has been proven to reduce depression and anxiety. See **Steps to Better Physical Health for People with Mental Illness (and for all of us) — Advice and Resources** (<https://namimainlinepa.org/steps-to-better-physical-health-for-people-with-mental-illness-and-for-all-of-us-advice-and-resources/>) for suggestions on how to improve your physical health, including organizations that offer opportunities for physical activity and fun places to walk.

Philadelphia Leisure Activities and You summarizes the importance of leisure activity for people with mental illness and provides a helpful guide to free to low-cost opportunities available in Philadelphia. This booklet is intended to encourage readers to get involved with their leisure interests and start living their best life today. An active leisure lifestyle can enhance physical health and mental strength. This resource shows what is available within the community and the many low cost and free leisure activities accessible in Philadelphia. Going through this manual, the reader is given an opportunity to consider their personal leisure interests and take the first step towards having an active leisure lifestyle, ultimately leading to an overall improved quality of life. http://tucollaborative.org/sdm_downloads/ican-play-leisure-manual/

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in May and June, 2023:

General Contributions:

Anonymous (8)
Denise Hay
Kate Smith
North Wayne Protective Association

In Memory of Jade Cohen:

Anonymous (1)

In Memory of Frank Smith:

Michelle Nofer

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 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.