



NAMI Main Line PA
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NAMI Main Line PA Newsletter – November 2023

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Main Line NAMI President's Message

We hope you will save the date for our outreach event – **[Guilt & Toxic Guilt: Understanding and Moving Beyond These Powerful Emotions](#)** – an online workshop on Sunday, **November 5**, 2-4 p.m. For more information and to register, please go to <https://tinyurl.com/GuiltWorkshop>.

We are happy to announce that we have added the following items to our website:

- [Crisis and Other Services in Southeastern PA](#) (video)
- [Supportive Residences in Southeastern PA](#) (video)

Ingrid Waldron, President

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

Event: Main Line NAMI Workshop: **Guilt & Toxic Guilt: Understanding and Moving Beyond These Powerful Emotions**

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

Place: Virtual event on Zoom

Note: The painful emotion of guilt frequently haunts family members of people with mental illness for a whole host of reasons. In this live, non-recorded on-line workshop, you will learn what the experts say about guilt, its various sub-types and related emotions, and common triggers for guilt experienced by family members. Strategies for determining to what extent guilt is truly justified will be presented. Participants will also learn ways to respond effectively if they decide that guilt is justified, including effective apologies, amends letters, and self-compassion/boundary setting. This workshop will include slides, resources and an opportunity for participants to join facilitator-led small group discussions. Our presenter will be Edie Mannion, LMFT, from the DBT Center of Greater Philadelphia. For more information and to register, please go to <https://tinyurl.com/GuiltWorkshop>.

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

Date: Meets on the **first Monday of every month** at 7:00 p.m. (Next meeting on November 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 November 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 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 October 30)

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: **Tikvah’s Dessert and Dialogue with Melissa Hopely Rice**

Date: Sunday, **October 29**, at 2 p.m.

Place: KleinLife (10100 Jamison Avenue in Philadelphia, PA 19116)

Note: In this presentation, Melissa Hopely Rice will discuss her personal story of mental health recovery and the inspiring stories of people she has met in her life. Melissa is a well-accomplished international motivational speaker, mental health, anti-bullying and suicide prevention advocate, and author of “The People You Meet in Real Life”. Please RSVP for this free event by calling Tikvah at 215-832-0671 or emailing office@tikvahajmi.org.

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: *Planning Ahead: Options for Managing Social Events with Alcohol* (for parents/families on **November 6**), *Metaphors/Stories to Help You/The Helper* (for parents/families on **December 4**), and *Special Considerations for Partners in How Metaphors/Stories can Help You* (for spouses/partners on **December 11**). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

Event: NAMI Forum: **Anxiety in Children and Teens**

Date: Wednesday, **November 8**, from 7:00-8:30 p.m.

Place: Bucks County Intermediate Unit Rooms A-C (705 N. Shady Retreat Road, Doylestown, PA 18901)

Note: Please join NAMI Bucks County and CHOP (Children's Hospital of Philadelphia) Primary Care Doylestown for a free NAMI Forum on Anxiety in Children and Teens. In this Forum moderated by Naline Lai, MD, presenters Kate Hentschel MD, and John Grove LCSW, will discuss techniques to calm everyday anxiety and medication myth busters. Registration is required. For questions or more information, please email nemeigh@namibuckspa.org or call 215-343-3055. Register at <https://namibuckspa.org/anxiety/>.

Event: **Youth Peer Support Action Summit**

Date: Friday and Saturday, **November 10-11**, from 1-5 p.m.

Place: Virtual event

Note: Doors to Wellbeing and Mental Health America present a national, virtual youth-led summit to unite and inspire youth and young adult leaders in peer support, including peer specialists, program leaders, and advocates. This summit will address innovative approaches to youth peer support and possibilities for youth involvement within the peer support movement. This will be a chance for youth to identify common interests and priorities for increasing access to peer support for young people nationwide; calling to action the continuation of moving away from mental health stigma and discrimination to acceptance and inclusion. [Click here](#) for more information and to register.

Event: **Family Recovery: Tips & Resources for Healing Family Relationships Affected by Mental Health Disorders**

Date: Sunday, **November 19**, at 2 p.m.

Place: Temple University Bright Hall (580 Meetinghouse Road in Ambler, PA 19002)

Note: Join Tikvah for this Dessert and Dialogue presentation with Edie Mannion, L.F.T., L.M.F.T. Edie Mannion is a licensed marriage and family therapist in private practice with her team at the DBT Center of Greater Philadelphia. Please RSVP for this free event by calling Tikvah at 215-832-0671 or emailing office@tikvahajmi.org.

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/>.

Save the Date for NAMI Keystone Pennsylvania's Child Adolescent and Transitional Age Youth Mental Health Conference

NAMI Keystone Pennsylvania's 2024 Child, Adolescent, and Transition Age Youth Mental Health Conference will take place on Friday, **February 2**, at The Westin Pittsburgh. This event is one of the only conferences in the country specializing in youth mental health. It's geared toward parents and caregivers, mental health professionals, educators, and students.

The conference provides information on the newest research, innovative supports, and best practices to assist and advance the mental health needs of children, adolescents, and young adults.

Continuing Education Credits and Act 48 Credits will be offered. For more information, go to <https://www.namikeystonepa.org/education/conferences/camhcon/>.

Resources for Successful Holidays

The holidays can be a particularly difficult time for many with challenges ranging from family conflict to loneliness and isolation. Though challenging, the holidays can still be a time of celebration, community and comfort when we access the right resources and practices. To aid your safety planning for the holidays, we have included a collection of articles that will help:

- Crisis Prevention & Management for the Holidays (and year round), from 2017 workshop by Dr. Ellen Berman and Amanda Falivene-Rocco, LPC, CPRP: <https://bit.ly/2Tuluaj>
- NAMI's Ask the Expert: Navigating the Winter and Holiday Blues (with video): <https://www.nami.org/Blogs/NAMI-s-Ask-the-Expert/2021/NAMI-Ask-the-Expert-Navigating-the-Winter-Holiday-Blues>
- Avoiding Holiday Stressors, by Jessica Maharaj: <https://www.nami.org/Blogs/NAMI-Blog/December-2018/Avoiding-Holiday-Stressors-Tips-for-a-Stress-Free-Season>
- How to Prioritize Self-Care During the Holidays: <https://www.nami.org/Blogs/NAMI-Blog/December-2021/How-to-Prioritize-Self-Care-During-the-Holidays>
- The "Happiest" Time of the Year: Tips for Managing Holiday Stress: <https://www.nami.org/Blogs/NAMI-Blog/December-2022/The-Happiest%E2%80%9D-Time-of-The-Year-Tips-for-Managing-Holiday-Stress>
- Holiday Depression:
 - <https://www.healthline.com/health/depression/holidays>,
 - <https://www.psychologytoday.com/us/blog/modern-mentality/201811/how-manage-your-mental-health-during-the-holidays>
- 7 Key Strategies to Help Your Teen Manage Holiday Stress: <https://hudsonphysicians.com/manage-holiday-stress/>
- Mental Health Books for Children, Teens & Parents: <https://www.namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/>
- Looking for Support over the Holidays? Try these free support resources:
 - Warmlines (see <https://namimainlinepa.org/services-in-sepa-2/intro-to-services/#-2.-Help-Lines-and-Warm-Lines->): Warmlines are staffed by people with lived experience, callers can receive support when they need it without traveling, being enrolled in a specific program, or attending a support group.
 - Mental health forum: MHA on Inspire (see <https://screening.mhanational.org/content/mental-health-america-inspire/>): Inspire communities provide a place for people with similar interests to support and encourage each other 24/7 online. Inspire is the largest provider of health-specific communities.
 - Anxiety And Depression Association Of America (ADAA) Online Peer-To-Peer Anxiety And Depression Support Group (see <https://healthunlocked.com/anxiety-depression-support/about>): ADAA's anonymous peer-to-peer online anxiety and

depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences.

- Crisis Text Line provides free, confidential text message support for individuals experiencing emotional distress or crises. It is available 24/7. Text “NAMI” to 741-741 for support.
- Call or text 988 or chat <https://988lifeline.org/>. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Resources for Children, Teens and Transition Age Youth

We have compiled a useful list of resources for helping children and teens with mental health or behavioral challenges at <https://namimainlinepa.org/support/services-for-children-and-teens/>, including information about:

- **Tips on Learning to Help your Child and Your Family** (<https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Learning-to-Help-Your-Child-and-Your-Family>)
- **Mental Health Conditions Seen in Childhood** (<https://nami.org/Blogs/NAMI-Blog/October-2019/Mental-Health-Conditions-Seen-in-Childhood>)
- **How to Access Valuable Behavioral Health Services in PA:** Consider Medical Assistance for a Child/Teen with Serious Disability: <https://namimainlinepa.org/how-medical-assistance-for-a-childteen-with-a-serious-mental-illness-autism-addadhd-or-substance-abuse-can-provide-access-to-valuable-services/>
- **Resources for Helping Children/Teens Succeed in School**
- **Resources for Helping Children/Teens Who Have a Family Member with Mental Health Problems**
 - **Books** for children and teens who have a family member who has a mental health condition are listed at: www.namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/
- Links and contact numbers for **talk lines and crisis lines** specifically for youth

We have compiled 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 at <https://namimainlinepa.org/resources-for-transition-age-youth-with-mental-illness/>, including information about:

- **NAMI Teen and Young Adult (TYA) HelpLine and Resource Directory:** This is a free, teen and young adult peer-support service providing information, resource referrals, and support to teens and young adults who have a mental health condition or may not have a condition but may still be going through a difficult time in their life. The HelpLine can be reached by calling 800-950-NAMI (6264), texting “Friend” to 62640, or emailing helpline@nami.org. The TYA Resource Directory is available at <https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/NAMI-Teen-and-Young-Adult-HelpLine-Resource-Directory.pdf>.

Mental Health Screening Tools

If you are wondering whether it would be advisable to seek professional help, 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>

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in September and October, 2023:

General Contributions:
Anonymous (1)
Kerin and John Dezell

In Honor of Nancy Helfman:
Judy Green

In Memory of Vella Witkin:
Andrea Brooks

In Honor of Mo Gillen:
Judy Green

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/>.

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