



NAMI Main Line PA
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NAMI Main Line PA Newsletter – January 2024

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Main Line NAMI President's Message

We are happy to announce that we are expanding our services to all of Delaware County. As a result, we will be offering:

- an additional family member support group that meets in Media (see page 2),
- more Family-to-Family classes (see below), and
- Peer-to-Peer for adults with mental health conditions who want to better understand themselves and their recovery (<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Peer-to-Peer>).

All our services will continue to be free-of-charge.

Family-to-Family is an eight-week education and support program for family members of persons with severe mental illness (see below). If you want to take **Family-to-Family**, beginning on **February 6**, please contact us at nami.main.line.pa@gmail.com or 267-251-6240.

Please save the date for our upcoming event, **Finding, Evaluating and Working with a Therapist** on Sunday, **February 24**, 2-4 p.m. (see page 2).

With increased funding from Delaware County and from a new grant, we will be **hiring** additional support and outreach staff. Please see page 6 and <https://namimainlinepa.org/we-are-hiring/> for additional information.

Ingrid Waldron, President

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

Event: **Family-to-Family Education Program**

Date: Beginning on Tuesday, **February 6**, and meeting weekly for 8 weeks from 7-9:30 p.m.

Place: Virtual on Zoom

Note: **Family-to-Family (F2F)** is a course 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, please contact us at nami.main.line.pa@gmail.com.

Event: Main Line NAMI Forum: **Finding, Evaluating and Working with a Therapist** on
Date: Sunday, **February 24**, 2-4 p.m.
Place: Virtual event on Zoom
Note: Please save the date for this informative presentation. A full description will be available in the coming weeks and will be posted on our website and publicized in our weekly emails.

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 8)
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 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: **Media NAMI Family Member Support Group** (Next meeting on January 18)
Date: Meets on the **third Thursday of every month** from 7-8:30 p.m.
Place: Lima United Methodist Church, 209 N. Middletown Road (Rt. 352) in Media, PA
Note: This is a confidential, and safe group of families helping other families who live with mental health challenges. This support group meets virtually and in person simultaneously. Please contact the moderator, Lisa Kostaneski (215-606-8593), with any questions or if you would like to attend.

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 Sharona Dunoff at (610) 246-6755 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 January 16)
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.

Save the Dates for our Spring Programs:

Event: Main Line NAMI Workshop: **Borderline and Narcissistic Personality Disorders: Challenges and Tips for Families and Friends**

Date: Sunday, **April 7**, from 2-4 p.m.

Place: Virtual event on Zoom

Note: Please save the date for this informative workshop. A full description will be available at the end of February and will be posted on our website and publicized in our weekly emails.

Event: **Dessert and Dialogue featuring the play “Half a Bike”**

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

Place: Har Zion Temple

Note: NAMI Main Line PA will cosponsor this program with Tikvah. This will be a two-hour program which will start with a 50-minute play, “Half a Bike”, that is based on the real-life experiences of a man living with bipolar illness. The play will be followed by a dessert reception with resource tables from various community organizations that support those with the lived experience of mental illness. Please save the date. A full description and registration information will be available closer to the event date. We will post it on our website and will publicize it in our weekly emails.

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: *After the Festivities*, *How to Return to Self-Compassion* (for parents/families on **January 8**), and *Best Methods for Getting Through to a Loved One* (for parents/families on **February 5**). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

Event: **Family Connections: Supporting Families of Emerging Adults Through the Transition Years**

Date: Thursday, January 11, from 1:30-2:30 p.m.

Place: Virtual

Note: What can parents and caregivers do to navigate the transition years in a way where each person thrives? Whether you have close bond or some difficulties – we’ll learn how to develop a new set of parenting skills and how to balance dependence with independence. For a full description and to register, go to <https://www.eventbrite.com/e/supporting-families-of-emerging-adults-through-the-transition-years-tickets-781437640017?aff=oddtcreator>.

Event: **General Health: The times in which you are born decide who you are today**

Date: Tuesday, **January 16**, from noon until 1:30 p.m.

Place: Webinar

Note: PA Care Partnership is starting their Virtual Speaker Series with speaker Dr. Veirdre Jackson. Understanding generational differences is crucial for effective communication and personal/professional growth in today’s rapidly changing world. Each generation has unique characteristics shaped by historical events, trauma narratives, and cultural influences during developmental years. Could it be possible that no generation is better or worse than another? What if instead of labeling wounds, the perpetuation of unresolved cycles, or transferring emotionally limiting beliefs, we co-created an opportunity to understand that our behaviors, reactions, triggers, and motivations are different depending on the times, experiences, and circumstances that shaped us? Instead of taking sides, let’s examine ways to strengthen and

regenerate our communities by promoting inclusion, understanding, and healing for more vibrant lives and more effective workplaces. For more information and to register, go to <https://www.pacarepartnership.org/community-partners/2024-webinar-series/general-health-the-times-in-which-you-are-born>.

Event: **Moving Beyond Addiction**

Date: Meets on Wednesdays, **January 17, 24 and 31**, at 1 p.m.

Place: Virtual

Note: Join two Master's level clinicians for 3 virtual two-hour workshops on how to manage your emotions while caring for a loved one struggling with addiction. This series of workshops is offered by Mental Health Partnerships and is only offered to residents of Philadelphia or individuals whose loved ones live in Philadelphia. To register, go to <https://docs.google.com/forms/d/e/1FAIpQLScRJR-L4v5-wSgWOfDfdCKYOU98BuMdbERu-Ce0uQwsegt7bA/viewform>.

Event: NAMI Ask the Expert: **An Evidence-Based Conversation on Violence and Mental Illness**

Date: Thursday, **January 18**, at 4:00 p.m.

Place: Webinar on Zoom

Note: This webinar reviews the topic of violence and mental illness from an evidence-based framework. First, the webinar will highlight different ways that social stigma and cognitive bias fuel exaggerated beliefs about the link between violence and mental illness. Then, empirical research will be presented, demonstrating that the scientific link between violence and mental illness is weaker than commonly believed—numerous other risk factors are stronger predictors of violence. A key point is that overweighting mental illness as a risk factor means underweighting more robust risk factors, which are external (e.g., poverty, financial strain, inadequate social support), internal (e.g., being male, younger age, anger, substance abuse), or violence-defining (e.g., lacking empathy, gun access, espousing ideologies of hate and violence). Finally, promising approaches and interventions will be discussed for preventing violence and enhancing public safety. For more information and to register, go to https://nami.org.zoom.us/webinar/register/WN_xx1-Q-BvTJWs3adZZub31g#/registration.

Event: **Healthy Transitions: Preparing for Instant Adulthood at 18 Years of Age**

Date: Tuesday, January 30, from 12-1:30 p.m.

Place: Webinar

Note: This event is sponsored by PA Care Partnership. Joe Kloss of Luzerne County was recently awarded a Healthy Transitions Grant. He has started work and has a great group of youth and young adults working with them on the project. This will be a round table discussion of an anticipated six youth and young adults and their leaders Joe Kloss, Project Director; Bobbi Bair, Lead Family Coordinator; and, Ryan Smith, Catholic Youth Center in Wilkes-Barre, PA. The purpose of this program is to improve and expand access to developmentally, culturally, and linguistically appropriate services and supports for transition-aged youth and young adults (ages 16-25) who either have, or are at risk for developing, serious mental health conditions. For more information and to register, go to <http://tinyurl.com/mtjnuc5t>.

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://namibucks.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.

Registration is Open 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 and to register, go to <https://www.namikeystonepa.org/education/conferences/camhcon/>. The deadline to register is January 15.

publicize it in our weekly emails.

Mental Health Resources for Youth

We have compiled many useful mental health resources for children, adolescents, and transitional age youth on our website. Please see the following links for more information:

- [Resources for Helping Children and Teens](#)
- [Resources for Transition Age Youth \(16-24\)](#)
- [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 a Serious Disability](#)
- Online screening tool for parents of children: <https://childmind.org/symptomchecker/>
- American Academy of Child and Adolescent Psychiatry: https://aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx?WebsiteKey=a2785385-0ccf-4047-b76a-64b4094ae07f&hkey=c2dc89fb-aac1-4308-9297-eedfe7755b92

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

NAMI Keystone PA's 2024 Pennsylvania Mental Health and Wellness Conference will take place **May 14-15, 2024** 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 coming soon.

We are Hiring

With increased funding from Delaware County and from a new grant, NAMI Main Line PA will be **hiring** additional support and outreach staff. In the near future, we are planning to hire two contractors to fulfill the following positions:

Part-time Coordinator of Education and Support (16 hours/week)

General Duties: To lead the planning, execution, administration, and evaluation of NAMI Signature Education Programs, including Family-to-Family, NAMI Basics, and Peer-to-Peer; to build strategic relationships within the community; to conduct a variety of outreach activities, including specific outreach to law enforcement agencies and churches within our service area; and to lead or participate in Community Outreach and Affiliate Programming committee meetings.

Part-time Marketing Coordinator (5 hours/week)

General Duties: To develop, execute, and measure strategic marketing and communications plans to promote NAMI Main Line PA's general services, quarterly and special events/fundraisers, and NAMI Signature Education Programs in our service area (Lower Merion Township in Montgomery County and all of Delaware County) primarily on social media, with extra emphasis placed on publicizing our offerings widely in our expanded service area in Delaware County. The successful candidate will be highly organized, detail oriented, and self-motivated, while providing an engaging approach to NAMI Main Line programs marketing.

For the full position descriptions, including duties, responsibilities, qualifications and skills, and how to apply, please go to <https://namimainlinepa.org/we-are-hiring/>.

Save the Date and Join Us for our Spring 2024 Sowing the Seeds Campaign: Growing a Thriving Mental Health Community

We invite you to be a part of creating a more supportive world for mental health. With your help we can continue to provide free services to our community and individuals in need of mental health support for themselves and their loved ones. Join us in combatting stigma, providing education, and strengthening connections for those affected by mental health. Help us help those affected by mental health challenges build better lives.

Our **Sowing the Seeds Campaign** is a season of fundraising that will culminate in an evening event with heavy appetizers, music, socializing and community building, and awards at the Community Recreation and Environmental Center (CREC) in Haverford, PA on Saturday, April 20, from 5-7:30 p.m. We are currently accepting sponsors and will be offering tickets to the event as well as individual fundraising opportunities in the coming weeks.

For more information about sponsorship, please go to <http://tinyurl.com/NAMISowingtheSeeds>.

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in November and December, 2023:

General Contributions:

Anonymous (8)
William Goldman Foundation
Donald Haupt
Nora Hunt-Johnson
Loran Kundra
Amy Nolan

In Honor of Judy Green:

Nancy and Robert Helfman
Mary Lee
Douglas Macpherson

In Honor of Ingrid Waldron:

Robert Factor

In Honor of Evan Johnson:

Anonymous

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.