



NAMI Main Line PA  
 Affiliated with National Alliance on Mental Illness  
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**NAMI Main Line PA Newsletter – March 2024**

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**NAMI Main Line President's Message**

We hope you will join us for our next Forum: **Borderline and Narcissistic Personality Disorders: Challenges and Tips for Families and Friends** on Sunday, **April 7**, 2-4 p.m. on Zoom. Register at <http://tinyurl.com/PersonalityDisordersApril2024>. (See below)

In celebration of the 45 years of we have provided mental health services, we are planning a **Sowing the Seeds** Celebration on Saturday, **April 20**, 5-7:30, at the Haverford Community Recreation & Environmental Center. We hope you will join us. (See page 4)

**Family-to-Family** is an eight-week education and support program for family members of persons with severe mental illness. If you want to take Family-to-Family, beginning on Wednesday, **April 24**, please contact [LISA@namimainlinepa.org](mailto:LISA@namimainlinepa.org) or call 267-251-6240. (See page 2)

**Peer-to-Peer** is a free 8-week education and support program for adults with mental health conditions who are seeking to better understand themselves and their recovery. Our Peer-to-Peer will start very early in May. For more information, please contact Lisa at [LISA@namimainlinepa.org](mailto:LISA@namimainlinepa.org) or call 267-251-6240. (See page 2)

Look inside for more information about our spring events, support groups, other events of interest and advocacy opportunities.

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: **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: The traits of people with borderline and narcissistic personality disorders can be especially hard on relationships and frequently affect the mental health of loved ones and friends. This live, online forum explores the persistent, maladaptive patterns associated with two of the ten recognized personality disorders. Participants will learn how they are diagnosed, theories about how they develop, and treatment approaches that have demonstrated positive outcomes. Tips for responding effectively to challenging behaviors will also be presented. This forum features slides, short videos, and opportunities for questions and

discussion. The presenters are Edie Mannion, LMFT, a licensed therapist with the DBT Center of Greater Philadelphia (specializing in schema therapy, dialectical behavior therapy, couples/family therapy and family consultation) and Scott Johnston, M.Ed., an outpatient therapist at Merakey (where he provides dialectical behavior therapy, as well as cognitive behavioral and exposure therapies). Go to <http://tinyurl.com/PersonalityDisordersApril2024> to register.

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

Date: Beginning on Wednesday, **April 24**, and meeting weekly for 8 weeks from 7-9:30 p.m.

Place: Hybrid course, meeting virtually and in-person simultaneously (Location TBD)

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 Lisa at [LISA@namimainlinepa.org](mailto:LISA@namimainlinepa.org).

Event: **Peer-to-Peer Education Program**

Date: Beginning in very early May

Place: Location in Delaware County TBD

Note: Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. This course is a safe, confidential space, that provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. You will be able to learn more about recovery in an accepting environment. Peer-to-Peer is offered as a community service without charge. **Registration is Required.** For more information, please contact Lisa at [LISA@namimainlinepa.org](mailto:LISA@namimainlinepa.org).

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.

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 4)

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](mailto:dmkotrl@gmail.com) for the Zoom information.

Event: **Havertown NAMI Family Support Group** (Next meeting on March 19)

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](mailto:nora@huntjohnson.org).

Event: **Media NAMI Family Member Support Group** (Next meeting on March 21)

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 Ed Kane at (484) 744-0860 or Danielle Sulpizio at [dsulpizio@namimainlinepa.org](mailto:dsulpizio@namimainlinepa.org).

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](mailto: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](mailto: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: *Treatment Options and How to Best Suggest Them* (for parents/families on **March 4**), *Special Considerations for Partners in Treatment Options and How to Best Suggest Them* (for spouses/partners on **March 11**), and *Making Sense of Why Someone Uses Substances* (for parents/families on **April 1**). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

Event: **Anxiety in Children and Teens: Everyday Techniques to Calm Anxiety and Medication Mythbusters**

Date: Tuesday, **March 12**, 6:30 p.m.

Place: Indian Valley Public Library (100 E Church Rd, Telford, PA)

Note: This free talk for parents and caregivers is hosted by CHOP Souderton, NAMI Montgomery County PA, and MENTal Wellness. Sign up and submit your questions at <http://tinyurl.com/5c65r74p>.

Event: NAMI National presents **Criminal Justice and Mental Illness: A Webinar on The State of The Issue**

Date: Wednesday, **March 20**, 4:00 p.m.

Place: Virtual

Note: People with mental illness are overrepresented in our nation's jails and prisons. Nearly 80% of people released from prison in the U.S. each year have a chronic medical, substance use, or psychiatric condition, and the justice system faces difficulties creating meaningful connections to care. During this webinar hear from a national expert on the intersection of health care and the criminal justice system. The webinar will explore the history of mental health care and how policy choices have led to the development of parallel health care systems, with negative outcomes for those who are justice involved. We will also discuss opportunities in a historic moment and how we can work to implement best practices that promote integration between behavioral health care and corrections, and policy solutions that improve access to quality care for people who are incarcerated. Register at <http://tinyurl.com/yc3eps7f>.

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.

### **Join Us for *Sowing the Seeds: Growing a Thriving Mental Health Community***

In celebration of the 45 years of mental health services provided by NAMI Main Line PA, we are launching our spring 2024 ***Sowing the Seeds: Growing a Thriving Mental Health Community*** campaign to help raise funds to continue providing support and education programs. This year we are excited to expand our services to all of Delaware County.

Our fundraising campaign will conclude with a celebration on **April 20**, 5-7:30 p.m., at the Haverford Community Recreation & Environmental Center.

We invite you to support our *Sowing the Seeds* campaign by:

- [Purchasing a ticket](#) to attend our April 20 event. Tickets are \$100 per person or \$175 per pair. Join us for food, drinks, dessert, entertainment and awards.
- [Sponsoring our campaign](#),
- [Making a secure online donation](#),
- [Fundraising on our behalf](#)

Please help us to promote mental health education, reduce stigma, inspire those living with mental illness to feel less alone, and to continue the important free programs we offer. We encourage you to

support NAMI Main Line PA as we continue to support you and your loved ones. More information is available at <http://tinyurl.com/NAMISowingtheSeeds>.

### Act Now to Improve the Access and Accuracy of the 988 Lifeline

(Cross-posted from NAMI National)

988 is already making an impact in our communities and saving lives, **but there's more work to be done to ensure everyone can get the help they need in a crisis.** Congress is considering legislation that will improve the accuracy of crisis response by matching 988 calls to the caller's closest call center using their general location instead of their phone's area code. Please take a moment to **urge your members of Congress to cosponsor and support this legislation today!** Go to <https://nami.quorum.us/campaign/56780/> for more information.

### Overlooked: Stories of Mental Illness & the Criminal Justice System

People with mental illness are overrepresented in our jails and prisons. About 2 million times each year, people with mental illness are booked into jails—often held for offenses related to the symptoms of untreated illness. But too many people in our community don't understand the impact this has on people with mental illness. That's why this month, during National Criminal Justice Month, NAMI launched a new campaign — **Overlooked: Stories of Mental Illness & the Criminal Justice System** — to focus on the people behind those statistics. This campaign aims to highlight the impact of the criminal justice system on people with mental illness through personal stories. Our voices cannot – and will not – be overlooked any longer.

Learn more about NAMI's Overlooked campaign and share your own experience with the criminal justice system at [www.nami.org/overlooked](http://www.nami.org/overlooked).

To help individuals with mental illness who have encounters with the criminal justice system and those who support them, NAMI Main Line has compiled resources on our website in three sections (<https://namimainlinepa.org/info-resources/criminal-justice-resources/>):

- [Preventing Arrest](#)
- [Criminal Justice System Procedures and Advice Relating to Individuals with Mental Illness](#)
- [Resources for People in the Philadelphia Metropolitan Area.](#)

### Registration is Open for NAMI Keystone Pennsylvania's 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.

### OHMSAS Mental Health Planning Council Now Seeking Applications

The Department of Human Services, Office of Mental Health and Substance Abuse Services (OMHSAS) invites all interested peers, family members, providers, and community members to submit an application to serve on the OMHSAS Mental Health Planning Council (MHPC).

The Council is seeking applications from young adults, adults, and older adults in order to have representation of all age groups. The MHPC provides counsel and guidance to OMHSAS to ensure a full array of effective mental health, substance use, and behavioral health services are accessible.

OMHSAS is dedicated to a system that promotes recovery and resilience. By serving on the MHPC, you will have the opportunity to give the people in your community, whom you represent, a voice in shaping the mental health system in Pennsylvania and can improve the lives of individuals.



More information and the application are available under the Membership section of <https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/Mental-Health-Planning-Council.aspx>. You will need to scroll down to find it. Please contact OMHSAS at [RA-PWOMHSASMHPC@PA.GOV](mailto:RA-PWOMHSASMHPC@PA.GOV) with any questions or concerns.

**Thank You to Our Generous Donors**

We are grateful to the following donors who made contributions in January and February, 2024:

General Contributions:  
 Anonymous (4)  
 Kelly Mahar

In Memory of Alan Widra:  
 Carolann and Samuel Kulla

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** \_\_\_\_\_

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**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. \_\_\_\_\_

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 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.