



Providing Services in Delaware County and Lower Merion Township

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NAMI Main Line PA Newsletter – May 2024

Table of Contents	
President’s Message – page 1	Tardive Dyskinesia Awareness Week – pg. 6
NAMI Main Line Events/Support Groups – pgs. 1-3	Delco Gives – page 7
Other Events/Support Groups – page 3	Membership Appeal – page 7
Sowing the Seeds Campaign – pages 4-5	Donor Recognition – page 8
Mental Health Month – page 5	Membership Form – page 8

NAMI Main Line President's Message

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 on May 2 (see below). For more information and to register, please contact Lisa at LISA@namimainlinepa.org or call 267-251-6240.

We hope you will join us for an event that we are cosponsoring with Tikvah, **dessert and dialogue** featuring the **play “Half a Bike”** on **May 19**, beginning at 2, at Har Zion Temple (see page 2 below).

May is [Mental Health Awareness Month](#), during which we will be raising awareness of NAMI’s services to promote mental well-being. We hope you will [renew](#) your membership in NAMI Main Line or if you are not already a member, [join](#) our affiliate. Your membership will support us and increase our effectiveness in advocating for policies that benefit individuals with mental illness.

We have updated our website with new information about borderline personality disorder (<https://namimainlinepa.org/specific-diagnoses-and-conditions/#Borderline-Personality-Disorde>) and narcissistic personality disorder (<https://namimainlinepa.org/specific-diagnoses-and-conditions/#other-personality-disorders>). For information about other mental illnesses, please see <https://namimainlinepa.org/specific-diagnoses-and-conditions/>.

Ingrid Waldron, President

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

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

Date: Beginning on Thursday, **May 2**, and meeting once a week for 8 weeks from 1-3 p.m.

Place: A location in Broomall

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.

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. To register, go to <https://tinyurl.com/HalfABike>. See our weekly update emails for more information about the program in the coming weeks.

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 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 **May 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: **Media NAMI Family Member Support Group** (Next meeting on **May 23**)

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.

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 May 14)

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: NAMI Keystone PA’s 2024 **Pennsylvania Mental Health and Wellness Conference**

Date: **May 14-15, 2024**

Place: Best Western Premier: The Central Hotel and Conference Center in Harrisburg

Note: This 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, see <https://www.namikeystonepa.org/events/2024-pennsylvania-mental-health-and-wellness-conference>.

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: *Staying Grounded in Your Values as a Helper* (for parents/families on **May 6**), *Anticipating Summer/Planning for Unstructured Time* (for parents/families on **June 3**), and *Special Considerations for Partners in Anticipating Summer/Planning for Unstructured Time* (for spouses/partners on **June 10**). For more information and to register, please go to <https://cmcffc.org/family-mondays>.

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.

**Thank You for Supporting
*Sowing the Seeds: Growing a Thriving Mental Health Community***

With your help and support from the community, sponsors, volunteers and attendees, we were able to raise nearly \$18,000 to support our free programs. THANK YOU! We hosted a wonderful culminating celebration of our *Sowing the Seeds: Growing a Thriving Mental Health Community* campaign on April 20 and enjoyed seeing so many NAMI friends, supporters, and members in person for the first time in several years. We'd like to congratulate our Community Spotlight Award winner, Ed Kane, and our two Unsung Hero Award winners, Nancy Dever and Judy Green. Thank you for your many positive contributions to our local mental health community!

Thank you to our sponsors!

Powerful Impact



Community Builder



Bob Murphy in honor of Judy Green

Helping Hands

Anonymous in honor of Ed Kane

Nora and Peter Hunt-Johnson

Dennis and Maria McCarthy sponsor for "Live Like Bishop" team

Larry Deutsch in honor of Judy Green



Greystone

A SUPPORTIVE RESIDENCE AT FRIENDS HOSPITAL

SHREINER



TREE CARE



Caring Heart



May is Mental Health Awareness Month

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, NAMI actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

This May, our posts will be focusing on NAMI's "Take the Moment" campaign. Through "Take the Moment," we shine a spotlight on NAMI's array of signature programs. This campaign also champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame.

Please join us in raising awareness by following, liking and sharing our informative posts on Facebook (<https://www.facebook.com/NAMIMainLinePA/>) and Instagram (<https://www.instagram.com/namimainlinepa/>) throughout the month of May. More information is available at <https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month/>.

TDAW

TARDIVE DYSKINESIA AWARENESS WEEK

This Mental Health Awareness Month, we are proud to recognize May 5-11, 2024, as **Tardive Dyskinesia (TD) Awareness Week** to help increase awareness and support people living with this burdensome condition.

TD is a persistent, involuntary movement disorder that is characterized by uncontrollable, abnormal and repetitive movements of the face, torso, limbs and fingers or toes.¹⁻⁴ The condition is associated with prolonged use of antipsychotic medication that may be necessary to treat

individuals living with mental illness, such as bipolar disorder, depression, schizophrenia and schizoaffective disorder.^{3,5,*}

There are approximately 600,000 people in the United States living with TD, and approximately 65 percent have not yet been diagnosed.^{2,8,9}

By recognizing the first full week of May as TD Awareness Week, NAMI Main Line PA is helping to raise awareness regarding:

- The signs and symptoms associated with TD
- The potential physical, social and emotional consequences of TD¹⁰
- The importance of speaking with a healthcare provider about the impact of the uncontrollable movements and available treatment options

The uncontrollable movements of TD can negatively impact people physically, socially and emotionally.¹⁰ It can affect one's ability to work, drive, walk, button a shirt or eat and drink.⁸ People living with TD may also feel judged and ashamed, adding to a sense of worry, isolation and stigma.^{1,10,13-15}

We encourage everyone across Pennsylvania to acknowledge the first full week of May as TD Awareness Week. To learn more about TD, visit <https://www.talkabouttd.com/>, <https://www.webmd.com/mental-health/tardive-dyskinesia>, or <https://www.mind.org.uk/information-support/types-of-mental-health-problems/tardive-dyskinesia-td/about-tardive-dyskinesia/>.

- For references, please see <https://namimainlinepa.org/references-for-td-article/>.



Delco Gives Day is May 8-9

This year, we have a chance to be a part of Delaware County's day of giving - an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

From 7:00 p.m. on May 8 - 7:00 p.m. on May 9, visit delcogives.org to learn about the many participating nonprofit organizations in Delaware County and to learn about the events for Delco Gives Day.



**GIVE WHERE YOU LIVE
DELCOGIVES.ORG**

MAY 8-9, 2024 | 7:00 P.M. - 7:00 P.M.

Annual Membership Appeal



**Mental Health Month is the perfect time to
Become a Member or Renew Your Membership
with NAMI Main Line PA**

Join us in making a difference today!

Seeking mental health support? Look no further than NAMI's comprehensive suite of programs!

NAMI Family-to-Family: A free, eight-session educational program for family, significant others and friends of people with mental health conditions. See <https://tinyurl.com/2024F2FCourses>.

NAMI Peer-to-Peer: A free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. See <https://namimainlinepa.org/peer-to-peer/>.

NAMI Support Groups: NAMI support groups are free peer-led and offer participants an opportunity to share their experiences and gain support from other attendees. See <https://namimainlinepa.org/support/support-groups/>.

JOIN or RENEW NOW at <https://namimainlinepa.org/sign-up/>!

Thank You to Our Generous Donors

We are grateful to the following donors who made contributions in March and April, 2024:

General Contributions:
Anonymous (4)

In Memory of Alexis Kostaneski:
Anonymous (1)
Ingrid Waldron

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.