

Main Line NAMI Newsletter -- February, 2012

President's Message

Please join us for our **Winter Party**, Sunday, **February 12** (snow date February 26) beginning at 4 p.m. For more information about location and how to sign up, see below.

We thank everyone who has renewed your membership for 2012, and we are grateful to those of you who have made a donation. If you have not yet renewed your membership and you joined before September, 2011, please **renew your membership** by sending your dues for 2012, together with the membership form on page 5. Membership dues continue to be \$35 for an individual or family and \$3-\$34 for those who have limited income. We will be most grateful for any additional donation you can give. Donations are a major source of funding for our activities (see page 4), and we will put your donation to good use to continue our work.

Please save the dates for the following events:

- **Child Psychiatry** with Dr. Laurel Weaver and Stephanie Drabble, Sunday, **March 18**, 2-4 p.m. at Ardmore Presbyterian Church (see page 2)
- **Learning about Mental Illness and How to Cope with It**, with Drs. Delane Casiano and Steve Siegel, Ingrid Waldron and others, Sunday, **April 22**, 2-5 p.m. at Wayne Presbyterian Church (see page 2)
- **Greater Philadelphia NAMIWalk** on Saturday, **May 5** (see page 3)
- **Ask the Doctor** with Drs. Steve Siegel and Seth Gillihan, Sunday, **May 20**, 2-4 p.m. at Ardmore Presbyterian Church (see page 2)
- **Workshop: Setting Limits: Assertive Requests and Effective Consequences**, with Edie Mannion, Sunday, **June 10**, 2-4 p.m. at Ardmore Presbyterian Church (see page 2)

Thank you for renewing your membership,
Ingrid Waldron, President
NAMI PA, Main Line

NAMI PA, Main Line Activities

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

Date: Beginning Wednesday, February 1, and meeting once a week for 12 weeks, 7-9:30 p.m.

Place: Lankenau Hospital area on the Main Line

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, 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. If you have questions or to register, contact Judy as soon as possible at 610-668-7917 or F2FMainLine@aol.com. *Registration is required.*

Event: **Winter Party**

Date: Sunday, **February 12** (snow date February 26), beginning at 4 p.m.

Place: Merion Tribute House, 625 Hazelhurst Ave., Merion Station.

Note: This is our annual winter party for socializing and potluck supper for NAMI PA, Main Line families and friends. We have been fortunate to hold this event at Merion Tribute House for many years, a wonderful space for parties, complete with an open fireplace and plenty of room for socializing. Reservations are required. Contact us at info@namipamainline.org or 267-251-6240 with the number of people who are coming, and what you can bring (appetizer, casserole, vegetable, pizza, dessert, beverage/ice—healthy choices preferred). If you cannot bring any food that's ok, but we still ask that everyone make a reservation. Merion Tribute House is off of Wynnewood Rd, not far from City Line Ave., and is also close to the Merion train station (the R5, Paoli local). We look forward to seeing you.

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

Date: The first Monday of every month at 7:00 p.m.

Place: Bryn Mawr

Note: For family members of people with mental illness. For more information, please contact Susie Vernick at 610-649-5206.

Event: **Friendship Group**

Date: Two Saturday afternoons a month

Place: Bryn Mawr

Note: The Friendship Group is a congenial group for people who have mental illness and are stable. The group offers support, friendship with peers and discussions about topics of mutual interest. To be eligible you must be under care with your mental health provider and an interview is required. If you are interested or have any questions, please contact Carol Carlen at 610-649-6844.

Event: **Child Psychiatry** with Laurel Weaver, MD, PhD and Stephanie Drabble, LCSW

Date: Sunday, **March 18**, 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Ave., Ardmore

Note: Dr. Weaver is certified by the American Board of Psychiatry and Neurology/Psychiatry. She specializes in child and adolescent psychiatry and behavioral science at Children's Hospital of Philadelphia (CHOP). Ms. Drabble is a clinical social worker in the Department of Child and Adolescent Psychiatry and Behavioral Science at CHOP. If you have any questions, please contact us at info@namipamainline.org or 267-251-6240.

Event: **Learning about Mental Illness and How to Cope with It**

Date: Sunday, **April 22**, 2-5 p.m.

Place: Wayne Presbyterian Church, 125 E. Lancaster Ave., Wayne.

Note: This is a 3-hour program offering three separate sessions, each including time for audience questions and responses, as well as a literature table with information about specific mental illnesses and strategies and resources for coping with mental illness. The first session, **Introduction to Mental Illness and Treatments**, will be presented by Dr. Delane Casiano and Dr. Steve Siegel, Department of Psychiatry, University of Pennsylvania Medical School, and will include a general introduction to mental illness and its causes and treatments, as well as brief introductions to anxiety disorders, depression, bipolar disorder and schizophrenia. The second session, **First-hand Accounts of the Experience of Mental Illness**, will include first-hand accounts by those who have experienced mental illness and are in recovery and family/caregiver presentations that will acquaint listeners with the dilemmas and successes of family members, including resources that have been helpful for recovery. The third session, **Resources for helping mentally ill loved ones**, will include strategies for helping mentally ill loved ones, including the L.E.A.P. method (listen, empathize, agree, partner) and resources for individuals and families coping with severe mental illness. If you have any questions, please contact us at info@namipamainline.org or 267-251-6240.

Event: **Ask the Doctor** with Steve Siegel, MD and Seth Gillihan, PhD

Date: Sunday, **May 20**, 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Ave., Ardmore.

Note: Steve Siegel, MD, and Seth Gillihan, PhD will answer questions about mental illness, treatment, and recovery. Both Dr. Siegel and Dr. Gillihan are affiliated with the University of Pennsylvania School of Medicine Psychiatry Department. If you have any questions, please contact us at info@namipamainline.org or 267-251-6240.

Event: **Setting Limits: Assertive Requests and Effective Consequences** with Edie Mannion

Date: Sunday, **June 10**, 2-4 p.m.

Place: Ardmore Presbyterian Church, 5 W. Montgomery Ave., Ardmore

Note: Led by Edie Mannion, LMFT (Licensed Marriage and Family Therapist), co-founder and manager of the Training and Education Center at Mental Health Association of Southeastern PA since 1985, a private therapist/consultant specializing in serious mental health disorders, and a family member with lived experience. This is a follow-up to our January workshop *When and How to Set Limits When a Loved One Has a Mental Disorder*. If you have any questions, please contact us at info@NAMIPAMainLine.org or 267-251-6240.

Greater Philadelphia NAMIWalk 2012

The **Greater Philadelphia NAMIWalk 2012** will take place on Saturday, **May 5**, at Montgomery County Community College in Blue Bell. Registration begins at 8 a.m. and the Walk begins at 10 a.m. We hope that you will help us spread awareness and fight the stigma surrounding mental illness by **joining our team**, Main Line Movers (www.nami.org/namiwalks12/PHI/Movers).

Other Local Family-to-Family Education Courses

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

Date: Beginning Wednesday, February 6, and meeting once a week for 12 weeks, 6:30-9:00 p.m.

Place: 100 W. Main Street, Suite 204 in Lansdale (Montgomery County)

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. If you have questions or to register, call Montgomery County NAMI's Lansdale office at 215-361-7784.

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

Date: Beginning Thursday, February 7, and meeting once a week for 12 weeks, 7:00-9:30 p.m.

Place: Peer Center, 825 Paoli Pike, West Chester. Classes are held on the 3rd floor. (Chester County)

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, structured to help family members understand and support a relative diagnosed with a serious mental illness while maintaining their own well-being. If you have questions or to register, contact Chester County NAMI at namichesco@comcast.com or 484-947-5643.

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

Date: Beginning Tuesday, February 21, and meeting once a week for 12 weeks, 6:30-9:00 p.m.

Place: Montgomery County Human Services Center, 1430 DeKalb Pike, Norristown (Montgomery County)

Note: Family-to-Family (F2F) is a free series of 12 weekly classes, one evening per week, 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 Sue Soriano and Nancy Katz, trained volunteer family members who know what it's like to have a loved one with a serious mental illness. If you have questions or to register, call Montgomery County NAMI's Lansdale office at 215-361-7784.

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

Date: Meets once a week for 12 weeks, beginning in **March**, exact dates and times to be determined.

Place: Offered in **Upper** and **Lower Bucks** County, exact locations to be determined.

Note: If you are interested in taking this course, please call 1-866-399-NAMI (6264). *Registration is required.* Class size is limited and fills up quickly.

Event: NAMI Philadelphia **Programa Educacional De Familia A Familia** (Family-to-Family)

Note: Un programa Educacional para Familiares y Amigos de Personas que viven con un diagnóstico de Salud Mental. De Familia a Familia (F2F) es una serie de 12 clases semanales, estructuradas para ayudar a entender y apoyar a aquellos seres queridos que viven con un diagnóstico de una enfermedad mental y las posibilidades de una Recuperación. De Familia a Familia - es un curso gratuito, cuyo unico requisito es tener un familiar o ser querido/relacionado adulto con un diagnóstico de enfermedad mental severa. Para mas información: Ramón Castro (610-291-2549), facilitador Familia a Familia.

NAMI Basics Education Program

Event: **NAMI Basics Education Program**

Date: Meets once a week for 6 weeks, beginning in **March**, exact dates and times to be determined.

Place: Possible locations in Bucks and Montgomery Counties. Exact location to be determined.

Note: NAMI Basics teaches the fundamentals of caring for you, your family and your child with mental illness. NAMI Basics is the new signature education program for parents and other primary caregivers of children and adolescents living with mental illnesses. Pre-registration is required and will help determine the location of the course(s). Please contact your local NAMI affiliate for more information and/or for pre-registration: NAMI PA, Bucks County (866-399-6264), NAMI PA, Main Line (267-251-6240), or NAMI PA, Montgomery County (215-361-7784).

Membership Renewal Request

Dear Friends of NAMI PA, Main Line,

Thank you to those of you who have already renewed your membership and/or donated to our affiliate. If you have not already renewed and you joined before September, 2011, please renew your membership or join our affiliate this month. Even if you are not active in our affiliate, your membership will increase our effectiveness in advocating for policies that benefit individuals with mental illness and their families. A membership form is shown below.

We will be most grateful for any **donation** you can give, whether or not you are a member. Donations provide a major source of funding for our activities. A summary of our activities for 2011 is available on the What We Offer page on our website (www.nami.org/sites/NAMIPAMainLine). If you would like to make a donation in honor of or in memory of someone, we will send a letter to the honoree or the family of the deceased. If you prefer to make a donation through your workplace United Way, our donor code is 214.

Thank you,

Ingrid Waldron, President

Kristine Songster, Affiliate Coordinator

NAMI PA, Main Line – 2011 Activities (with a sampling of the appreciations we have received)

Education and Support:

- **Family-to-Family** (F2F) education program, a 12 week program for family members of people who have mental illness that educates and supports and teaches coping skills. F2F was offered in the spring and fall, 2011.
 - *"My sister M and I had several talks via phone where using the information from the course and carefully choosing words; I was able to help her realize how important it was for her to get psychiatric treatment... It all started with the family to family course I took. Thanks so much."*
 - *"Thank you very much for talking last Wednesday! Your patience over the phone and gift of time has left me so impressed and grateful."*
- Graduates of F2F have formed informal support groups.
- Bryn Mawr Family **Support Group** for family members—meets monthly
- **Friendship Group** for individuals with mental illness—meets twice a month
- Main Line NAMI **Forum Discussions:**
 - "Delaware and Montgomery County Services for Individuals with Mental Illness" with Nancy Weiman, Deputy Administrator of Mental Health Services, Montgomery County, and William Chambers, Mental Health Program Director, Delaware County
 - "Ask the Expert: Advice on Mental Illness, Treatment and Recovery" with Larry Real, MD
 - "Employment and Social Security Benefits for Individuals with Severe Mental Illness" with Sue Tuckerman and Phyllis Hilley, Community Work Incentive Coordinators at Disability Rights Network of PA, and Margaret McKenna, Pennsylvania Client Assistance Program
- Main Line NAMI **Workshops:**
 - "Communication Skills for Families" led by Ellen Berman, MD
 - *"Excellent presentation – very clear"*
 - "Learning to Communicate with a Loved One Who Has a Mental Illness" led by Ingrid Waldron
 - *"This was an excellent workshop. Practicing is extremely useful. Questions and experience from audience are very comforting and helpful"*
 - *"The workshop offered excellent advice"*
- **Information and support in response to** frequent e-mail and telephone **requests**
 - *"You have been extremely helpful and it's greatly appreciated."*
- Winter and Summer **parties** for people with mental illness and their families
- Wii Sport nights
- Collaboration with African Family Health Organization to provide individual therapy for African and Caribbean immigrants for five hours a week

Advocacy

- **Advocacy Alerts**, as issues arise
- Multiple **letters and visits** to government representatives on public policy issues affecting individuals with mental illness and their families

Community Outreach

- Multiple presentations at **schools and universities** for students, families, and psychiatry residents
- A half-day program, "**Learning about Mental Illness and How to Cope with It**", co-sponsored by NAMI PA, Main Line, Central Baptist Church in Wayne, Bryn Mawr Presbyterian Church and St. Mary's Episcopal Church in Ardmore

"Very informative" "So helpful"

"I found something I can use in my own life."

"Not only did the event unfold well, but attendees and participants have told me they got a lot out of the whole experience."

- Presentations at **Lansdowne Friends Meeting**, including "Introduction to Mental Illness and Treatments," "First-Hand and Family Member Accounts of the Experience of Mental Illness," and "Resources for Helping a Person with Mental Illness"
- Multiple discussions of topics related to mental health awareness during May Mental Health Month and follow-up events at **Main Line Unitarian Church**
- Multiple presentations/discussions at **Christian Stronghold Church**, including "Come and Learn How to Help All Those Who Are Dealing with Mental Illness"
- Collaboration with **Delaware Valley Association of Black Psychologists** to co-sponsor the outreach event, "Developing Intimacy & Living Well", including presentations on understanding mental illnesses and their treatments, resources for helping someone with mental illness, and the impact of mental disorders on relationships
- Collaboration with three local **libraries** to display tables of mental health-related books and materials during Mental Illness Awareness Week in October
- **Information tables** at multiple events such as Martin Luther King Day Health Fair, Black Nurses' Forum, and Neumann University's Wellness Fair

Web Outreach and Publications

- **Website**, including How to Get Services, Guide to Resources for People with Mental Illness and their Families, Advice from Experts, Frequently Asked Questions and Resources for Dealing with the Criminal Justice System for Individuals with Mental Illness and Their Families and Friends; information is continuously updated for accuracy and ease-of-use
- Web outreach by posting resources, new information, announcements of activities, and advocacy alerts on **social networking sites** and our affiliate **Facebook** page
- Created and posted informational presentations on **Slideshare**
- Monthly Main Line NAMI **Newsletter**
- Printed and distributed new affiliate **brochures** to behavioral health providers, recommended providers, and other contacts in the community
- Preparation and distribution of "Finding your local NAMI" document

To join, fill out this form and send it with your check made payable to NAMI PA, Main Line,
320 Woodley Road, Merion Station, PA 19066-1413.

Name _____ Spouse (optional) _____

Address _____
Street Town State Zip +4

Telephone (____) _____ Email _____

County _____ Organization, if relevant _____

Dues: ____\$35 Individual/ Family membership ____\$3-\$34 For those with limited income
____**Additional donation is especially appreciated** – Thank you! \$ _____

If you want this additional donation ____in *honor* of or ____ in *memory* of someone special, let us know his/her name:

We would like to acknowledge honoree or the family/friend for whom the donation is made so please include that address

NAMI PA, Main Line is a non-profit organization under Section 501(c)(3) of the IRS Code.

Dues and donations are income tax deductible.

Membership renewals are requested each January (unless you joined in the last quarter of the preceding year).