

Our Mission

To improve the lives of the citizens of Bucks County who suffer from a serious mental illness or, as family members and caregivers, share the burden of these devastating illnesses.

Our mission is accomplished through programs designed to **support, educate** and **advocate** for individuals with a mental illness and their family members. We strive to educate the public about the true nature of mental illnesses and combat the stigma and discrimination often faced by people with these serious brain disorders.

Our programs educate individuals with mental illness to better understand their illness, stressors, and how to live in recovery. We help families to understand and be supportive of loved ones with mental illness. We also advocate for training of teachers, law enforcement, and first responders to recognize and respond appropriately to individuals with mental illness.

Inside this issue:

- Announcements: 2
- Donations 3
- Education Classes 3 & 4
- Poetry 5
- CIT 6
- Free Dinners 6
- MI in Older Adults 7
- NAMI CAN 8
- Children's Crisis 8
- Family-to-Family 9
- Peer-to-Peer 10
- Upcoming Events 11

Mental Illness in our Elderly Population

Steve Weiss MSN, PMHNP-BC
(Psychiatric-Mental Health Nurse Practitioner-Board Certified)
Thursday, September 16, 2010 at 7:30 P.M.

Please join us for our September 16, 2010 General Meeting. Our speaker will be Steve Weiss MSN, PMHNP-BC (Psychiatric-Mental Health Nurse Practitioner-Board Certified) who will explore Mental Illness in our elderly population.

Join us to discuss and have your questions answered about common mental health problems faced by seniors, including:

- Alzheimer's Disease
- Anxiety
- Depression
- More...

We will discuss:

- Signs and symptoms
- Prevention
- Risk Factors
- Treatment and Community Support

**Abington Memorial Health Center,
Warminster Campus
(Formerly Warminster Hospital)
Main Conference Room (Ground Floor)
225 Newtown Rd., Warminster, PA 18974
Call 1-866-399-NAMI (6264) for further information**

Mental Illness Awareness Week Special Event Movie Premier "Unlisted: A Story of Schizophrenia"

NAMI of Bucks County will be hosting a viewing of the movie, "Unlisted: A Story of Schizophrenia" in observance of Mental Illness Awareness Week, October 3-9, 2010. The film is a moving first-person account of a woman's troubled relationship with her father and his mental illness. Delaney Ruston, a Seattle general physician, went into hiding to protect herself from her dad's erratic behavior and episodes of paranoia. After more than a decade of separation, she decides to reconnect. Ruston documents her reconciliation with her father in a film that exposes the pain that mental illness inflicts on families and the urgent need to repair the American mental health system. Date, time and location to follow as soon as finalized.

Announcements

Administrator

Debbie Moritz

Board of Directors:

President

Kathleen Campbell

Vice President

Position Open

Secretary

Charles Bechtel

Treasurer

Fred Korn

Dennie Baker

Isabel Godwin

Stephen Hurvitz, Esq.

Agnes McFarlane

Carol Meholic

Steve Polomchak

Jennifer Refford

Eleanor Thomas

P.O. Box 355

Warrington, PA 18976

Phone: 215-442-5637

Fax: 215-442-5638

Help Line: 1-866-399-6264

9:00 A.M. – 9:00 P.M.

E-mail:

namibucks1@verizon.net

Web Site:

www.namibucks.org

NAMI Bucks County Newsletter

Letters, News Articles, and
Announcements are welcome --
Deadline for articles for our Holiday,
2010 issue is October 18, 2010
Send to above address or by e-mail to
namibucks1@verizon.net

NAMI of Bucks County now part of United Way Donor Choice Program

Donors can now designate a gift to NAMI of Bucks County via a Donor Choice during United Way's Annual Campaign. Our organization code is #14632 and is only valid for the United Way of Southeastern Pennsylvania. **PLEASE NOTE: BE SURE TO USE THIS NUMBER IF YOU WANT YOUR DONATION TO BENEFIT THE NAMI BUCKS COUNTY, PA CHAPTER.**

Designate NAMI Bucks to Receive Donations through EBAY Giving Works

Sellers on EBAY can now designate all or a portion of the proceeds from an EBAY sale to benefit NAMI of Bucks County. When listing your item, go to the [Sell Your Item form](#) on EBAY. In the "Pictures & Details" section, click the "Add" link in the area titled "Donate percentage of sale." Choose your organization "NAMI of PA, Bucks County Chapter" to receive the proceeds or a portion of the proceeds.

Bucks County COMPEER

Bucks County COMPEER is seeking volunteers throughout the county to be a friend to people in mental health recovery. It takes just four hours a month to make a difference in someone's life and give one of the greatest gifts a person can receive...FRIENDSHIP. To find out more about volunteering, please contact Julie Pulvers @ 215-785-2825.

WE NOW TAKE CREDIT CARDS

Renew your Membership or Make a Donation to NAMI of Bucks County Online.

You can now become a new member, renew your current membership and/or make a donation to NAMI with your credit card either online or through the mail. You can use your own bank account or a credit card through a secure server at *PayPal*® to pay online. Visit our website at www.namibucks.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

NOTE: Since renewals are handled on a quarterly basis, you will be notified when your current membership is due to expire. Please do not renew your membership until you receive notice. If paying by check, we would appreciate if you would note in the memo section of your check whether it is a donation, membership renewal or both. We appreciate your help.

Bucks County Caring Neighbor Sponsored by Lenape Valley Foundation

All people have dreams, Some dream of money, Some dream of power, Some dream of fame and fortune. However, the biggest dream for many is friendship! You can make that dream come true! You can make a difference today in the life of an individual with mental illness. Please help brighten someone's life today. Please call 215-957-2204 for information.



Thank You for Your Contribution

We want to thank the following who have been so generous:

DONATIONS IN MEMORY OF CHRISTOPHER COCUZZA

Emily Ahlquist
 Robert & Celeste Amadio
 Judith Buch
 Rose Caravone
 Richard & Theresa Coppola
 Michael & Mary Cory
 Marge & Arty Fullan
 Douglas O. & Delia M. Hanks
 Patricia Lutz
 Eva & Sid Moszer
 Jeanne Natalini
 Nicholas & Marjorie Oros
 Daniel Pisano
 Joseph & Mary Ridgway

Elisa Rombach
 Joanne A. Russo
 Derek & Marcie White
 Ilene Zaslavsky
 Rider University Athletics
 Tricia Carroll
 Pat Conti
 Pam Durkin
 Russ Fager
 Gerry Green
 John Hangey
 Don Harnum

Rider University Athletics (Cont'd)
 Joan Hedden
 Drayson Hounsom
 Lori & Dan Hussong
 Brian Keane
 Tim Lengle
 John Miller
 Lynne Milligan
 Lynn Rugg
 Lucy Sech
 Brian Solomon
 Gary Taylor
 Cherie Voorhees

GENERAL DONATIONS

\$1 to \$25

Mary Cerny
 George Crane
 Brad Shamis

\$51 to \$100

Marie Hale
 Dennis & Geri Kelly

\$200 - \$300

Greg & Barb Thrasher

Website

Infotraction
 Agnes & Jim McFarlane

PC

Benjamin Obdyke Co.

Your continuing contributions are important in sustaining our advocacy. NAMI welcomes and appreciates any amount that people can afford. Keep in mind when making your donation that many companies will match employee gifts. If you have not already contributed, please do so by sending your tax deductible donation to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355

Our Peer-to-Peer Education program will be offered at Blooming Glen Mennonite Church (Perkasie) and Abington Memorial Health Center in Warminster beginning September 14 and 15, 2010 respectively. Peer-to-Peer is a unique, experiential learning

program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. If you are interested in taking the Peer-to-Peer Recovery Course, please call 1-866-399-NAMI(6264) to register.

The program is free but **REGISTRATION IS REQUIRED** Class size is limited and fills up quickly.



NAMI Family-to-Family
National Alliance on Mental Illness

NAMI Bucks County will be offering Family-to-Family Education Classes beginning in September at **Blooming Glen Mennonite Church (Perkasie)** and Newtown beginning on September 13 and 14, 2010 respectively.

The NAMI Family-to-Family Education Program is a free 12-week course for family members and caregivers of individuals with severe

brain disorders (mental illnesses). The course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and

teaches the knowledge and skills that family members and caregivers need to cope more effectively.

If you are interested in taking the Family-to-Family Education Class, please call 1-866-399-NAMI(6264) to register. **REGISTRATION IS REQUIRED.** Class size is limited and fills up quickly.



NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

NAMI Connection Recovery Support Groups are open to all adults with mental illness, regardless of diagnosis. NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- Meets bi-weekly for 90 minutes

- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

PLEASE NOTE SCHEDULE CHANGES: Connection groups meet the first and third Monday

evenings at 6:30 at the Doylestown Mennonite Church, 590 North Broad Street, Doylestown, PA 18901 and the second and fourth Wednesday evenings at 6:30 at the Pennel Life Program, 152 Monroe Avenue, Pennel, PA 19044. For more information, please call 1-866-NAMI(6264).

NAMI Bucks County Launches New Website

NAMI of Bucks County has a new website. This website is currently running and can be accessed at www.nami.org/sites/buckspa. Our current website address will be forwarded to the new website in the near future. The new website features a calendar of events as well as a virtual discussion board. Please stop by and visit and join in the discussion.

Third Annual Advancing in Recovery Event

The 3rd Annual Bucks County Advancing in Recovery event will be held on Friday, October 22, 2010 from 8:30am-1:00pm at Spring Mill Manor, 171 Jacksonville Road, Ivyland, PA 18974. The keynote speaker will be Dan Gottlieb, Ph.D. Psychologist, Radio Show Host, Author, Teacher, and Lecturer speaking on "*Addressing Symptoms or Caring for People: Can We Do Both?*". This event is sponsored by the Bucks County Behavioral Health

System in collaboration with the Bucks County Department of Mental Health/Mental Retardation, Bucks County Drug and Alcohol Commission, Inc. and Magellan Behavioral Health . Registration Information
PLEASE NOTE THAT THERE IS NO CHARGE, BUT REGISTRATION IS REQUIRED! NO WALK-INS WILL BE ACCEPTED. To Register, Contact: Donna Lehman at:

dmlhman@co.bucks.pa.us or 215-773-9313, ext. 400, by October 8. Please be sure to leave your name, telephone number and whether you will require CE's, as well as what kind of CE certificate is needed while registering. CE credits are pending and, if approved, will be available for NAADAC, NBCC, and ASWB. Certificates of Attendance are available for CPS continuing education hours, or for all others to verify attendance.

Give us your Poems, Stories, Anecdotes, Articles

We'd like to include your poems, personal stories, anecdotes and articles in the Chapter Newsletter. Send them to: NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355 or send by e-mail to namibucks1@verizon.net

A Walk in the Park *By Cheryl Brenner*

Along the path you see crumpled up leaves.
 You see ducks, tall trees, butterflies,
 spiders, dragon flies.
 Up in the tall trees, you sometimes see bees.
 Other things would be wildflowers.
 After you see all that, you turn around and
 come back, suddenly you see a barbecue
 and people sitting at a picnic table.
 You see more ducks and they are quacking
 to be fed. So you pull out some bread to
 feed the ducks.
 Then you go down to the playground to have
 more fun. You play hard. Now its time to go
 home to end a good day.

Whistler *By Cheryl Brenner*

The children could see her swinging on the
 playground swing.
 Sometimes she would whistle, sometimes not. At
 times she would be there everyday. Sometimes 2, 3,
 4 days. All she would do was swing and whistle. She
 would stop and stare at the children. Nobody knew
 her name, no one knew where she lived. She just
 appeared there one day. Then one day the children
 came by and she wasn't there. The children were
 bewildered they didn't see her anymore. Then they
 were told by their parents that the little girl was a ghost
 named Whistler who died of pneumonia at the age of
 10 and loved to whistle and swing. Every so often
 they see the little girl. She just appears and
 disappears every so often.

Live for Peace *By Dorothy McClellan* *June 22, 2008*

Live for peace
 Don't let happiness cease
 Wake in the morning
 Look at the mist
 Look at the grass
 The dew has blessed
 Open your arms to the morning
 To the sunshine warming the dawning
 Drinks in the glory
 Of peace in the quiet
 The quiet brought forth from night
 The warm moontime mellows
 Beneath the swaying willows
 Look for peace, look for beauty
 This should be a daily duty
 When afternoon spreads into town
 May peace be all around
 And also after sundown.



Paradise *By Dorothy McClellan* *May 20, 2008*

Paradise is mine
 If you are sweet and kind

 If you are warm
 I can weather a storm

 I love your tender touch
 I love you and paradise is such

 Your voice is a melody
 Teaching love songs to me

 Paradise is peace
 It makes hatred dease

 Paradise brings quiet
 Takes away fright

 Paradise is beauty
 Love and duty

CIT: SAVING LIVES

*Submitted by Amy Sisler
LVF Crisis Worker*



Lenape Valley Foundation (LVF) mobile outreach has been working with the Newtown Township Police Department in helping a couple with chronic mental illness who have struggled to engage in treatment. Initially, we were able to meet with the wife and connect her with services at LVF's Bristol site. We had planned to incorporate her husband into treatment when he was ready to address his own mental illness and engage him in treatment as well. However, the wife unexpectedly passed away before we could engage with the husband. In response to her passing, LVF mobile outreach and CIT (Crisis Intervention Team) Officer Jules Ferraro planned a visit to the home to check on the husband. The couple does not have family that live locally and they have historically isolated inside their home. Upon arrival at the home, CIT Officer Ferraro and non-CIT Officer Clifton knocked on the door. As they knocked on the door, the door opened. I

immediately became more concerned as the husband suffers from paranoid schizophrenia and there are double locks on the door.

Officers Ferraro and Clifton entered the residence yelling "police" and the husband's name. A short time later, they called for me to enter the home. When I went in, the husband was climbing out of bed (at 4:30pm), his clothes were falling off of him as he lost a significant amount of weight, he was disheveled, sweating profusely-- though the AC was on—and he was having difficulty walking and breathing. I informed the Officers that in my opinion he had drastically decompensated since I had seen him 1 month prior and felt he needed emergency treatment. Officer Ferraro encouraged him to go to the ER voluntarily however he repeatedly declined and wanted to be left alone. Due to his condition, we were unable to leave him home and had to bring him to the ER for an involuntary commitment. Upon arriving at the ER, the ER doctor became immediately concerned for his medical health. His

vitals were unstable, he continued to have difficulty breathing and was too weak to sit up. He was a medical admission for severe pneumonia. I asked the ER physician later how sick he was, like sick or *really* sick?? The doctor's response made me speechless: had LVF mobile outreach and CIT Officer Ferraro not found him, within a couple days he would have died. While he is now recovering from being so medically ill, LVF mobile outreach has referred him to the LVF SELF program to continue to engage him in treatment and for additional support.

Note: The Crisis Intervention Team is a collaboration of Police officers, Mental Health workers and consumers and family members. Officers undergo 40 hours of training on all ranges of mental health related topics, most significantly, de-escalation skills to assist them in dealing with psychiatric crises. The goal is to bring those in need of treatment to mental health services, and divert them from jail. For more info see <http://bucksCit.org/>

Free Dinners for the Homeless and Those in Need

1st Monday, 6 pm.

Fallsington United Methodist Church,
50 LaCross Street, Fallsington,
215-295-1379

1st- Thursday, 6pm

Emilie United Methodist Church
7300 New Falls Rd, Levittown,
215-945-5502

2nd Monday, 6 pm.

Woodside Presbyterian Church
1667 Edgewood Road, Yardley
215-493-4145

2nd Tuesdays, 6 pm.

St. Paul's Episcopal Church,
Corner Levittown & Mill Creek Pkwy,
Levittown, 215-946-8559

2nd Wednesdays, 6 pm.

Zion Lutheran Church,
Corner of Wood & Jefferson St.,
Bristol 215-788-3944

3rd Monday, 6 pm.

Fallsington Friends Meeting House
9300 New Falls Rd, Fallsington,
215-860-9747

4th Monday, 6 pm.

Langhorne United Methodist Church
301 E. Maple Ave., Langhorne,
215-757-4984

Last Wednesday of month - 6 p.m.

St. James Episcopal Church Parish House
225 Walnut Street, Bristol,
215-788-2228

***Transportation MAY be possible through Advocates for Homeless and Those in Need
Call 215-550-3868***

A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression

A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression
© Geriatric Mental Health Foundation
2004
7910 Woodmont Avenue, Suite 1050
Bethesda, Maryland 20814
301.654.7850
info@GMHFonline.org
www.GMHFonline.org

What is Late-Life Depression—The Facts

Depression is a physical disorder of the brain that impacts over 20 million adults overall and affects more than 6.5 million individuals over the age of 65. Depression impacts a person's whole being—mental health and physical health—and if left untreated can disable those who might otherwise be healthy individuals.

Symptoms

Depression can take on many forms. Mild symptoms may include loss of appetite or disturbed sleep. More severe episodes of depression may include unreal or strange thoughts including thoughts of suicide. A clinical depression is defined as a change in mood in which an individual experiences a drastic low that can also be accompanied by changes in sleep, appetite, energy, and the ability to maintain everyday life at home. The recognition of depression in the elderly is particularly challenging. Since many older adults have physical illnesses and/or do not have a strong social network, health care providers, family members, and patients themselves often incorrectly conclude that depression is a normal outgrowth of those problems. Depression is not a normal part of aging. The widely held belief that depression is normal makes this illness more often not diagnosed—and therefore, not treated. The symptoms of depression for an older adult may differ from those for a

younger person. For example, an older person is more likely to have sleep problems as compared to a younger person who experiences a more pronounced depressed mood. Depression tends to last for a longer period of time in older adults and may increase their risk for physical health problems or death. Depression in older adults is more likely to lead to suicide. The risk of suicide is serious. Elderly white men are at the greatest risk, and those ages 80-84 have a suicide rate more than twice that of the general population.

Causes

There is no one cause for depression and the onset of late-life depression can be attributed to genetic, biological, or neurological factors; life changes; illnesses; or a combination. Some older adults with depression have suffered from the illness for most of their lives. For others, their experience with depression may not begin until late life. An individual can be 70, 80 or even 90 years of age before he or she first experiences depression. Depression in late life is more common in women, widowed individuals, those who lack a supportive social network, and those with physical health problems.

Depression and Physical Health

Depression can also occur at the same time as another illness, especially after a bypass operation, hip fracture, or stroke. The mind and the body are not separate—physical illnesses such as heart disease and cancer may bring the onset of depression. The same is true in the reverse—depression impacts an older adult's physical well-being. When an older adult suffers from depression as well as heart disease or diabetes, the recovery period for the physical illness is longer and the treatment for that physical illness may not be as effective. Late-life depression exaggerates any

existing health problems and increases the risk of death.

Depression Among Nursing Home Residents

Although few large studies have been done to determine the rate of depression among nursing home residents, the studies that have been done conclude that depression among older adults in nursing homes is very common. Most studies to detect mental illness in nursing home residents have taken place in urban areas; relatively few rural facilities have been included in the studies. Study limitations have resulted in reports that vary widely in stating the percentage of residents with depression. What is agreed, however, is that the number of nursing home residents with depressive symptoms is significant and this illness impacts the resident's quality of life. Depression can contribute to decreased appetite, weight loss, and lower resistance to infections, and have other side effects that can be associated with increased risk of illness. It is important that depression be diagnosed and treated appropriately in this setting.

Stigma

Stigma that society places on depression (and other mental illnesses) can discourage people from getting treatment. Some people are ashamed that they have depression—they feel that it is their fault or that they should be able to help themselves out of their depressed mood. The stigma associated with late-life depression has a chilling impact on individuals seeking treatment and recovering from depression. Only 10 percent of older adults receive treatment for their clinical depression. Depression is not a weakness or a character flaw. Depression is an illness that can be successfully treated.



NAMI-CAN

Kids Corner

NAMI-CAN Support Group

NAMI-CAN (Children and Adolescent Network) is a support group for parents and/or caregivers of children with a mental illness. NAMI-CAN meets at the Voice & Vision Office, 600 Louis Dr., Suite 106, Warminster, PA. The meetings are held on the fourth Thursday of the month. There are no meetings in July or August. For directions or more information, please call toll free at 1-866-399-NAMI(6264).

Bucks County Launches Children’s Crisis Support Program

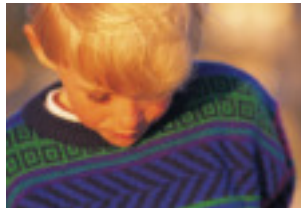
Bucks County launched the first Children’s Crisis Support Program July 1, 2010. Access Services will be providing this service. Founded in 1976, Access Services is a non-profit organization which provides community-based services for children and adults with mental health diagnosis and developmental disabilities. Access Services works with the Offices of Mental Health and Mental Retardation and the Office of Children and Youth Services in nine (9) Southeastern Pennsylvania counties.

Children’s Crisis Support Program (CCSP): CCSP exists to provide support to children and families in crisis in Bucks County assisting them to better manage crisis over time.

Quick Facts about CCSP:

- Crisis Hotline: 24 Hrs, 7

- days per week, 365 days per year
- Beginning 7/1/10
- All services are Free regardless of insurance
- Provide Services to children experiencing, psychiatric, behavioral, or family conflict



- Work in conjunction with Police Departments, Educational System, OCY, Health Care Professionals, and Mental Health Service Providers.

Eligibility

- Resident of Bucks County
- 21 years old or under

- Reside with their natural families or in a foster home
- Services Provided**
- Telephone Counseling
 - Mobile Crisis Intervention
 - Transitional Planning
 - Referral/linkage to other services
 - Connection with Psychiatric Evaluations when deemed appropriate
 - Emergency Respite when deemed necessary
 - Family Engagement Specialist

Hotline Number: 1-877-HELP-709, (1-877-435-7709) *For more information or brochures: Contact: Eric Smith at 215-540-2150 ext 285 (during normal business hours) Email: esmith@accessservices.org*

NAMI FAMILY-TO-FAMILY **EDUCATION PROGRAM**

**Classes will be held at Blooming Glen Mennonite Church
in Blooming Glen (Perkasie) beginning September 13, 2010
and
Community Crossing Church in Newtown
beginning September 14, 2010**

**For Family Members of Close Relatives with
Major Depression, Bipolar Disorder
Schizophrenia and Schizoaffective Disorder
Panic Disorder, Obsessive Compulsive Disorder and
Borderline Personality Disorder**

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. There is no cost to participate in the NAMI Family-to-Family Education program. Over 80,000 family members in the U.S. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

REGISTRATION IS REQUIRED

Space Is Limited - For Family Members Only- Course Is Free

Call: 1-866-399-NAMI(6264) to register

Sponsored by NAMI of Bucks County

PLEASE POST

NAMI Peer-to-Peer

Education Course

Free Education for Individuals with Brain Disorders
(Mental Illness)

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of ten 2-hour units and is taught by a team of three trained “mentors” who are personally experienced at living well with mental illness.

Class Topics include

- Stigma
- Discrimination
- Relapse Prevention Planning
- Schizophrenia
- Bipolar Disorder
- Depression
- Sleep
- Panic Disorder
- Obsessive Compulsive Disorder
- Storytelling
- Language, Emotions
- Addictions, Spirituality
- Medication
- Coping Strategies and Decision Making
- Relationships
- Advance Directive Planning
- Empowerment and advocacy

*Classes will be held and continue for ten weeks in:
Blooming Glen (Perkasie) on Sept. 14, 2010
and
Warminster on Sept. 15, 2010*

REGISTRATION IS REQUIRED

To register or for further information call

1-866-399-NAMI

PLEASE POST

Coming Events / Dates to Remember:

| | |
|---|--|
| 1 ST & 3 rd Mondays 7:30-9:00 PM Newtown, PA | NAMI Family-to-Family Support Group Meeting - Lower Bucks – Crossing Community Church 80 Silver Lake Rd., Newtown, PA 18940 For more information please call 1-866-399-NAMI(6264). |
| 1 st & 3 rd Mondays 6:30–8:30 PM Doylestown Mennonite Church | NAMI-Connection Support Group Peer support group for people with a mental illness. Doylestown Mennonite Church, 590 North Broad Street, Doylestown, PA 18901 For more information call 1-866-399-NAMI (6264) |
| 2 nd & 4 th Wednesdays 6:30–8:30 PM Penndel MH Life Program | NAMI-Connection Support Group Peer support group for people with a mental illness. Wednesdays at Penndel Mental Health’s Life Program at 152 Monroe Avenue, Penndel, PA 19044 For more information call 1-866-399-NAMI (6264) |
| September 23, 2010 October 28, 2010 7:00 PM Warminster, PA | NAMI-CAN (Children’s and Adolescents Network) Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA Meets every 4 th Thursday of the month - Call 1-866-399-NAMI (6264) for information |
| September 13, 2010 Blooming Glen (Perkasie) September 14, 2010 Newtown | Family-to-Family Education Program For more information call 1-866-399-NAMI (6264) |
| September 14, 2010 Blooming Glen (Perkasie) September 15, 2010 Warminster | Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264) |
| October 22, 2010 8:30 AM – 1:00 PM Spring Mill Manor Ivyland, PA | Bucks County 3rd Annual Advancing in Recovery Event Dan Gottlieb, Ph.D. Psychologist, Radio Show Host, Author, Teacher, and Lecturer Speaking on “ <i>Addressing Symptoms or Caring for People: Can We Do Both?</i> ” To Register, Contact: Donna Lehman at: dml Lehman@co.bucks.pa.us or 215-773-9313, ext. 400 |
| November 18, 2010 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital) | NAMI Bucks General Meeting Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Elements of Healing: Wellness, Recovery, and Personal Medicine Jack Gomberg, MD, Chief Medical Officer, Project Transition Trent Tangen, MS, CHLC Director of Wellness Services, Project Transition |





Bucks County Chapter
PO Box 355
Warrington, PA 18976-0355

**LET US HAVE YOUR
E-MAIL ADDRESS**

If we don't already have your e-mail address, or if your address has changed, please contact Debbie Moritz at e-mail namibucks1@verizon.net and she will add you to our e-mail list. Each week, we e-mail time-sensitive information and late-breaking news.

**We're on the Web!
www.namibucks.org**

Be sure to visit our website regularly for additional articles and updated information

**Chapter Toll-Free Helpline
1-866-399-NAMI (6264)**

GoodSearch (powered by Yahoo) – Help NAMI National (**NAMI, Arlington, VA**) by simply searching the Internet and they will receive a share of the revenue generated by site advertisers. Make **GoodSearch** your default search engine by logging on to website www.goodsearch.com Follow the instructions on how to install the GoodSearch toolbar and home page. Encourage family, friends and business associates to use GoodSearch.