

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.

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Your Dependent With Special Needs: Making Their Future More Secure

Thursday, September 15, 2011 at 7:30 P.M.

Patrick Bergmaier, CFP®, LUTCF, Financial Services Representative, Special Needs Planner, MetLife Center for Special Needs Planning and Ginny Koehler, Executive Director of Plan of PA.

Please join us for our September 15, 2011 Forum. Patrick Bergmaier will speak about families with children and other dependents with special needs. No matter what the age or disability, families face many serious questions about how to best prepare for their loved ones' future well-being. This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), creating Special Needs Trusts and the importance of a will. Taking steps now can help arrange for a loved one's well-being today and tomorrow. Ginny Koehler will speak about Care Management, Special Needs Trusts and Representative Payee Financial Services to adults with mental disabilities - autism, mental illness, intellectual disability and brain injury - in the five-county Philadelphia area.

**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 "OC87, The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie"

In observance of Mental Illness Awareness Week, October 2-8, 2011, NAMI of Bucks County will be hosting a viewing of the movie, "OC87" on October 5, 2011 at 7:00 P.M. Mental illness interrupted his dream of a filmmaking career. Thirty years later, he's making the movie of his life. Bud Clayman is one of films' most unlikely heroes. This is a personal story with universal relevance—a wildly original documentary of pain and vulnerability, empowerment, and Bud's quest for belonging. An interactive discussion with Buddy Clayman, the Director, Writer, Principal Subject and Directors Scott Johnston and Glenn Holsten will follow the movie. This event is free of charge, however donations are welcome!

Presented by The National Alliance on Mental Illness, Bucks County Chapter (NAMI), Bucks County Department of Mental Health/Developmental Programs, Bucks County Behavioral Health, Bucks County Drug & Alcohol Commission, Voice and Vision, Inc. and Magellan Health Services.

Location: Bucks County Community College, Wednesday, October 5, 2011 at 7:00 P.M. (see flyer in this newsletter). No registration is required.



**NAMI of PA,
Bucks County Chapter**

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Debbie Moritz

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P.O. Box 355
Warrington, PA 18976-0355
Phone: 215-442-5637
Fax: 215-442-5638
Help Line: 1-866-399-6264
9:00 A.M. – 9:00 P.M.
E-mail info@namibuckspa.org
Web Site
www.namibuckspa.org

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome.
Deadline for articles for our Holiday,
2011 issue is October 1, 2011
Send to above address or by e-mail to
info@namibuckspa.org

Announcements

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

Donors can 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.

WE TAKE CREDIT CARDS Renew your Membership or Make a Donation to NAMI of Bucks County

You can become a new member, renew your current membership and/or make a donation to NAMI with your credit card, through the mail, or telephone. Visit our website at www.namibuckspa.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:

\$1 to \$25

Lucy Canning
 Arthur & Paulett Godshall
 Richard & Joan Gowan
 Dennis & Gerrie Kelly
 Paula Kidd
 Louis Kidder
 Valerie Melroy
 Don & Jan Millin
 Donna Morabito

\$1 to \$25 (Cont'd)

Bristol Myers Squibb Foundation
 Matching Gifts Program,for
 Donna Morabito

\$26 to \$50

Thyra Cadic
 Edwin & Joan Calhoun
 Gene & Sherry Roberts
 Darren Steyer
 in Memory of Stacy Green

\$51 to \$100

Richard & Mary Claire D'Andrea

\$101 to \$500

Mike & Robin Martel
 Madeleine Wolcott

All the NAMI Bucks County Volunteers

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



NAMI CONNECTION SUPPORT GROUP WILL BE TEMPORARILY DISCONTINUED UNTIL FURTHER NOTICE.



Our Peer-to-Peer Education program will be offered again in Upper and Central Bucks beginning in September. 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 Bucks County will be offering Family-to-Family Education Classes beginning in September in Perkasi and Newtown as well as a special class for families of Veterans.

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 this course, please call 1-866-399-NAMI(6264). **REGISTRATION IS REQUIRED.** Class size is limited and fills up quickly.



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.

The NAMI Basics Education Program includes the following components:

Six 2.5 hour classes of instructional material, discussions and interactive exercises which may be delivered as a series of consecutive weekly classes, or on consecutive

Saturdays to accommodate the time constraints faced by families of children and adolescents.

Classes begin September, 2011 in Hatboro and Lower Bucks County. Prior registration is required. Call 1-866-399-NAMI(6264).

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 info@namibuckspa.org

**By Deborah A. Telford
1992**

I'm here alone, you ask how I feel,
Depression and loneliness is all that is real.
I'm filled with emotions that well up inside,
Feelings I know, it would be best to hide.
So smile is my motto, laugh every chance,
I'm so very tired, fatigue my grievance.

Sleep should be my solace, a tranquil escape,
When darkness descends, and dreams can take shape.

When tossing and turning will finally cease, And
the night will bring me some much needed peace.

But restless oblivion shuts out the world,
And I find even my dreams are in discord.
My mind out of focus, my head aspin,
With delirious thoughts that lock me in.
Draining my spirit all energy possessed,
I wake to feel as if I've had no rest.

Day after day, Night after night,
I abandon myself to this hopeless fight.
No future beyond, the present seems rough,
The past I remember, not well enough.
I want to be saved from this horrible fate
And wake *just one day* to say
"I'm feeling great!"



**9-11-01 Always Remember
Never Forget
By Ronald S.C. White
9/11/02**

***Remember the victims, loved ones, friends
and families***

***Always remember, never forget
Remember the volunteers who gave their
time and effort***

***Always remember, never forget
Remember the heroes***

***Always remember, never forget
Remember the firefighters, Police officers,
rescue workers, EMS workers and EMT
workers***

***Always remember, never forget
Remember the Army, Navy, Air Force,
Marines and Coast Guard***

***Always remember, never forget
Remember the United States of America, One
Nation Under God***

***Always remember, never forget
Always remember, never forget***

Reflections from a Family-to-Family Teacher

By Eleanor Thomas

My husband and I have taught the Family-to-Family class five times over the last few years. Although the material covered is the same, each class is different because of its members: parents, spouses, siblings, and friends. Many are in pain, frustrated by the mental health system and frustrated in dealing with their loved one who has a mental illness.

The course initially seems very long, a twelve week commitment. However as the weeks go by, it is not unusual to hear class members say they do not know how it could have been shortened because each class gives them such important information. Although the class is educational, it also provides support. For some it is the first time they have felt free to

express their emotions in a safe and accepting place.

One of our classes has continued to meet several times a year at different homes to socialize and find out how everyone is doing. What we hear is that people are doing better. When we happen to see one of our former students around town, again we hear how helpful the class was for them.

Some specific quotes:

“It made me realize we were not alone.”

“I learned that my concerns are valid.”

“There is hope and help for families.”

“Knowing it’s not my fault makes me feel better.”

“I feel I can be more understanding and patient with my family member.”

”I started off very non-committal to the class but by the third class I was committed for the education as much as for my class mates.”

With each class, we are impressed with how much strength and resilience families who struggle with mental illness bring with them. The information we share helps them to realize and better use the resources they already have.

Our own experience with Family-to-Family from the time we were students to the last class we taught has also been beneficial in helping us in our ongoing struggles with our family members who live with mental illness.

Fourth Annual Advancing in Recovery Event, Thinking, Being, Doing

The fourth annual Advancing in Recovery event will take place on Friday, October 21, 2011 from 8:30am-1:30pm at Delaware Valley College Student Center, 700 East Butler Avenue, Doylestown, PA 18901 (this is a new location). This year’s featured speaker will be Michael J. Baime, MD, Director of the Penn Program for Mindfulness Meditation, and a Panel of Wellness Experts. For the first time, Moments in Time: Recognition of Recovery. This year, we have a change in the award format from our previous Advancing in Recovery conferences. While the awards were inspiring, there was less interest in them each year and a concurrent developing interest in recognizing the substance of Recovery rather than individual achievements was expressed. This year, we would like to highlight the recovery moments, the a-ha moments of the

first five people who are nominated, or who nominate themselves. They will be asked to speak briefly, for 3-5 minutes, about the moment(s) when they became aware of their own potential for recovery. While a little background information will be necessary, they will be highlighting a turning point that either started or moved them on to the next stage of their recovery journey. To receive a nomination form, please contact Donna S. Giordano at 215-773-9313. All forms must be received no later than Monday, September 12, 2011. This event is free but registration is required. **Registration must be completed by Wednesday, October 12.** When you register, you will have a choice of menu items from which to select your free lunch. While the conference and lunch are free, you must have registered ahead of time to attend. Please click on this link to

complete your online registration: <http://www.surveymonkey.com/s/77J7HJG>. If you have questions about this conference or about registration, you may contact Jacqui D’Ambra at 215-444-2707, or jrdambra@co.bucks.pa.us. This event is sponsored by: The Bucks County Behavioral Health System in collaboration with Magellan Behavioral Health, the Bucks County Department of Mental Health/Developmental Programs, and the Bucks County Drug and Alcohol Commission, Inc. Bucks County Commissioners:, Charles H. Martin, Chairman, Robert G. Loughery, Vice Chairman and Diane M. Ellis-Marseglia, LCSW



Voice and Vision, Inc. Fashion Show

Voice & Vision, Inc. and Family and Youth Outreach will be holding a Holiday Fashion Show/Luncheon on Sunday, October 23, 2011 at 1:00 p.m. – 5:00 p.m. at the Vereinigung Erzgebirge (VE Club) at 130 Davisville Road, Warminster, PA

18974. Fashions will be modeled by Title Holders of Miss America Organization. Come and see the latest fashions, enjoy a tasty lunch, relax and have lots of fun. Just in time for the holidays, we'll have local vendors selling exquisite jewelry and other

items too! Fashions are by Steele Magnolia's. Admission is \$37.00 and includes a delicious luncheon. Please contact Gina Crawford at 215-657-6019 or Ann Rose at 215-674-9791 for more information.
www.voiceandvisioninc.org

Youth Connections, Youth Outreach Initiative

A brand new initiative, Youth Connections, is the youth-driven component of Voice & Vision's Family Outreach & Collaboration Initiative. Youth Connections interfaces with the child serving system (both funders and agencies) to increase the awareness of the needs, wants and vision of youth and young adults related to services and supports in Bucks County. Youth Connections encourages and offers opportunities for networking and partnership between youth, young adults and active youth groups. Youth

Connections empowers youth and increases youth voice in Bucks County. We connect with youth and youth groups to create and identify ways for youth to share their opinions, experiences and recommendations in order to transform lives, services and systems throughout the community.

Voice & Vision, Inc. believes that people are people first. We uphold that the focus should be on developing people and their skills. We think that all people have the basic human right to dignity and respect and to have

their feelings, opinions, and ideas heard and honored. Voice & Vision, Inc. supports a person's right to self-determination in his or her efforts to achieve goals, dreams, and visions. Voice and Vision, Inc. is a 15-year old non-profit 501C3 agency. For more information, please contact Graham or Emily at 1-800.734.5665 or via email: graham@voiceandvisioninc.org or emily@voiceandvisioninc.org

NAMI National and State Former Board Member and Advocate Missing

Reading Eagle
7/26/11

A Sinking Spring man has not been seen since he got into a taxi Wednesday afternoon in West Reading, Sinking Spring police said Monday. Glenn Koons, 53, lives in an apartment in the 100 block of Woodrow Avenue, police said, adding that his car and personal belongings are still there. Koons has a second address in the 300 block of South Eighth Street in the city, but he's been living primarily in Sinking Spring,



police said. Koons has a medical condition that police would not disclose. Investigators said he has not been taking medication for the condition. Family members contacted police Thursday. There is no indication of foul play or that anything in particular is wrong other than that Koons has not been seen or been in contact with relatives, police said. Borough police ask anyone with information to call 610-678-1906.

Switching Antipsychotics May Reduce Metabolic Risks

NIMH WEBSITE

NIMH-funded study examines whether switching to a different antipsychotic can reduce side effects while maintaining effectiveness

Patients experiencing cardiovascular or metabolic side effects while taking an antipsychotic medication may fare better if they switch to a different medication provided they are closely monitored, according to an NIMH-funded study. The study was published online ahead of print July 18, 2011, in the *American Journal of Psychiatry*. Antipsychotic medications can effectively treat psychotic symptoms among people with schizophrenia or related disorders. However, the medications, especially some of those that are most commonly used, are associated with serious metabolic side effects that can lead to heart disease or diabetes. Even when patients do experience these side effects, doctors are often reluctant to change a patient's medication regimen if the patient's psychotic symptoms are controlled by the existing medication. "Treating the symptoms of schizophrenia is a delicate balancing act between risks and benefits," said National Institute of Mental Health Director Thomas R. Insel, M.D. "The possible benefits of switching medications to reduce metabolic risks must be carefully weighed against the potential risk of symptom relapse or medication failure."

Scott Stroup, M.D., of Columbia University and colleagues aimed to determine if a medication switch could be made safely and without sacrificing clinical stability. For the Comparison of Antipsychotics for Metabolic Problems (CAMP) study, they enrolled

215 patients from 27 clinical sites whose psychotic symptoms were stabilized on one of three frequently used antipsychotics (olanzapine, quetiapine or risperidone) but were experiencing serious metabolic side effects such as weight gain and high cholesterol levels. Half of the patients were assigned to stay on their current medication, while the other half were switched to aripiprazole, another antipsychotic that is generally associated with fewer metabolic risks. All of the participants received a behavioral intervention that included a diet and exercise program designed to reduce the risk of cardiovascular disease.

After 24 weeks, the researchers found that those who switched to aripiprazole had improved cholesterol levels and other metabolic factors, and lost more weight (average of 8 lbs) than those who stayed on their original medication (average of 1.5 lbs). Those who switched also did not experience any more illness relapses or worsening of psychotic symptoms compared to those who stayed on their original medication. However, those who switched to aripiprazole were more likely to discontinue the new medication compared to those who stayed on their original medication. Almost 44 percent of those who switched discontinued the aripiprazole compared to 24.5 percent of those who were assigned to stay on their current medication.

The authors suggest that the high discontinuation rate for switchers may have been related to the fact that the study was open label, meaning both the patient and the clinician knew what drug the patient was taking. Some patients who were switched may have

felt uncomfortable changing from a medication they knew worked for them, and therefore stopped the new medication. In addition, because clinicians were encouraged to closely monitor and intervene before a patient experienced severe problems, many may have discontinued aripiprazole when the clinician first determined that the patient was having difficulties, but before full-blown treatment failure occurred.

"For patients whose symptoms are stabilized but who are overweight or experiencing other metabolic problems, clinicians may want to consider switching to a medication that is less likely to cause metabolic problems. However, because switching is not always successful, clinicians must monitor patients carefully to avoid illness exacerbation," said Dr. Stroup. "If switching medications is not an option, then adding a medication like metformin or a statin could help reduce cardiovascular risks while maintaining symptom stability," he concluded. He also noted that the study's behavioral intervention that focused on improved diet and exercise habits benefited even those who did not switch medications.

Reference

Stroup TS, McEvoy JP, Ring KD, Hamer RH, LaVange LM, Swartz MS, Rosenheck RA, Perkins DO, Nussbaum AM, Lieberman JA. Comparison of antipsychotics for metabolic problems (CAMP): a randomized trial examining the effectiveness of switching from olanzapine, quetiapine, or risperidone to aripiprazole to reduce metabolic risk. *American Journal of Psychiatry*. Online ahead of print July 18, 2011.



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, Inc. office, 600 Louis Dr., Suite 106, Warminster, PA. The meetings are held on the fourth Thursday of the

month (no meetings July, Aug., Nov. & Dec.). For directions or more information, please call toll free at 1-866-399-NAMI(6264).

September 17, 2011, 11 a.m. to 4 p.m., Elmwood Park, Norristown, PA



music, art, entertainment & youth involvement

MY Fest is a FREE community event that will feature live music, performances, art, games and a variety of youth and family-based organizations offering inspiration, resources and services for youth and families.

MY Fest is planned and produced by members of MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) youth groups in Montgomery, Bucks and Delaware Counties to raise awareness about mental health, substance abuse and foster care related issues facing youth and young adults.

We are agents of change!

MY LIFE is an empowering leadership group for youth ages 13 to 23 who have experience with mental health, substance abuse, foster care or juvenile justice issues; and who want to use their experience to help improve the systems that serve youth.

www.facebook.com/MYLIFEyouth



MY LIFE and MY Fest are supported by Magellan Behavioral Health of Pennsylvania Inc., Montgomery County Department of Behavioral Health and Developmental Disabilities, Delaware County Office of Behavioral Health, Bucks County Behavioral Health System and a variety of youth serving organizations.

For more information contact Greg Dicharry at GDdicharry@MagellanHealth.com or Tara Karbiner at TAKarbiner@MagellanHealth.com





THE THERAPY
PRODUCTIONS
PRESENTS



The
Obsessive Compulsive
Major Depression Bipolar
Asperger's Movie

"More than a film about mental illness-it's all about human experience in all of its humorous, neurotic, beautiful, torturous glory."

Liz Spikol Blogger, The Trouble With Spikol

A Mental Illness Awareness Week Event Movie followed by Discussion with the Directors

Presented by:

The National Alliance on Mental Illness , Bucks County Chapter (NAMI),
Bucks County Department of Mental Health/Developmental Programs,
Bucks County Behavioral Health, Bucks County Drug & Alcohol Commission ,
Voice and Vision, Inc. and Magellan Health Services

At Bucks County Community College
Gateway Auditorium, 275 Swamp Rd., Newtown, PA 18940
October 5, 2011 at 7:00 P.M.

Admission is free, no registration required.
For further information: 1-866-399-NAMI(6264)



Bucks County Commissioners:
Charles H. Martin, Chairman,
Robert Loughery, Vice Chairman &
Diane M. Ellis-Marseglia, LCSW

FAMILY-TO-FAMILY EDUCATION PROGRAM

Free for family members, partners and significant others of Veterans with:

Post-Traumatic Stress Disorder

Major Depression

Bipolar Disorder (Manic Depression)

Schizophrenia and Schizoaffective Disorder

Borderline Personality Disorder

Panic Disorder

Obsessive Compulsive Disorder

Co-occurring Brain and Addictive Disorders



A series of 12 weekly classes structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI Veteran family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. **There is no cost to participate in the NAMI Family-to-Family Education Program.** Over 300,000 people in the U.S., Canada, Mexico and Italy 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.

Classes Start: Tuesday, September 13, 2011

For 12 consecutive Tuesdays

Course Location: Horsham, PA

6:30 – 9:00 p.m.

Co-Teachers: Kathleen Campbell and Al Grabish

For Veterans' Family Members only

***Registration required.**

Classes limited to 25 persons

The NAMI Family-to-Family Education

Program is sponsored by NAMI Pennsylvania

SPACE IS LIMITED Call Kathleen at 215-588-5061 to register

Coming Events / Dates to Remember:

1 ST & 3 rd Monday 7:30-9:00 P.M. Newtown, PA	NAMI Family-to-Family <u>Support</u> Group Meeting - <u>Lower Bucks</u> – Crossing Community Church 80 Silver Lake Rd., Newtown, PA 18940 For more information, please call 1-866-399-NAMI(6264).
2 nd & 4 th Thursday 7:00-8:30 P.M. NO MEETINGS IN AUGUST	Family Support Group 56 East Oakland Avenue, Doylestown, PA 18901 The support group is free to NAMI members and \$15.00 per meeting for non-members. For more information, please contact Nick Weingarten at 215-262-3220
7:00 PM Warminster, PA NO MEETINGS AUGUST	NAMI-CAN (Children’s and Adolescents Network) Voice & Vision, Inc. Office 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, 2011 NAMI Office Warminster, PA	NAMI Basics Education Program For more information call 1-866-399-NAMI(6264)
Fall, 2011	Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)
Fall, 2011	Family-to-Family Education Program For more information and locations call 1-866-399-NAMI (6264)
September 15, 2011 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)	NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Your Dependent With Special Needs: Making Their Future More Secure Speakers will be Patrick Bergmaier, CFP®, LUTCF, Financial Services Representative, Special Needs Planner, MetLife Center for Special Needs Planning and Ginny Koehler, Executive Director of Plan of PA.
September 17, 2011 11:00 AM – 4:00 PM Elmwood Park Zoo, Norristown, PA	MY FEST 2011 Music, Entertainment and youth involvement.
October 5, 2011 7:00 P.M. Bucks County Community College	MENTAL ILLNESS AWARENESS WEEK EVENT Movie Premier “OC87, The Obsessive Compulsive, Major Depression, Bipolar, Asperger’s Movie
October 21, 2011 8:30 AM – 1:30 PM Delaware Valley College Student Center 700 East Butler Avenue Doylestown, PA 18901	Bucks County 4th Annual Advancing in Recovery Event Michael J. Baime, MD, Director of the Penn Program for Mindfulness Meditation, and a Panel of Wellness Experts. For more information Contact Jacqui D’Ambra at 215-444-2707, or jrdambra@co.bucks.pa.us





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 info@namibuckspa.org and she will add you to our list. Each week, we e-mail time-sensitive information and late-breaking news.

We're on the Web

www.namibuckspa.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.