

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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Elements of Healing: Wellness, Recovery, and Personal Medicine

with

Jack Gomberg, MD, Chief Medical Officer, Project Transition
and

Trent Tangen, MS, CHLC, Director-Wellness Services,
Project Transition

Thursday, November 18, 2010 at 7:30 P.M.

Please join us for our November 18, 2010 General Meeting. Our speakers will be Jack Gomberg, MD, Chief Medical Officer, and Trent Tangen, MS, CHLC, Director-Wellness Services, Project Transition, who will talk about Elements of Healing: Wellness, Recovery, and Personal Medicine.

Adults with serious mental illness have a lifespan that is, on average, shortened by 25 years, primarily due to preventable health problems. This presentation addresses contemporary wellness-informed approaches to psychiatric rehabilitation, including smoking cessation, the new construct of Personal Medicine, and the complimentary roles of nutrition, mindfulness, and spirituality.

**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**



Special Membership Meeting Agenda – Board Member Election November 18, 2010

We are pleased to have six current board members up for re-election to another three-year term on NAMI Bucks County's Board of Directors: Dennie Baker, Charles Bechtel, Kathleen Campbell, Steve Hurvitz, Fred Korn, and Carol Ann Meholc. At the beginning of our meeting, we will have an election for these candidates. A two-thirds majority vote of the General Membership present and whose dues payments are current, is required for approval. Please note, our speaker will immediately follow the election.

**NAMI of PA,
Bucks County Chapter**

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.
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:
info@namibuckspa.org
Web Site:
www.namibuckspa.org

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome --
Deadline for articles for our Winter,
2011 issue is January 15, 2011
Send to above address or by e-mail to
info@namibuckspa.org

Announcements

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

Piazza Nuova Lodge #2665
Irma Fortnier
Mr. & Mrs. John Goulding
Nan Nixon

Your continuing contributions are important in sustaining our advocacy. NAMI welcomes and appreciates any amount that people can afford. Keep

GENERAL DONATIONS

\$1 to \$25

John & Paulette Labar

in mind when making your donation that many companies will match employee gifts. If you have not already contributed, please do so by sending

\$50 to \$200

Pramila Bhatia
Richard & Kathleen Campbell
Saro & Sam Ilangovan

your tax deductible donation to:
NAMI of Bucks County, P.O. Box 355, Warrington, PA 18976-0355



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 and LOCATION 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 the **Bensalem Library 3700 Hulmeville Rd., Bensalem, PA 19020**. For more information, please call 1-866-NAMI(6264).

New Family Support Group

A new family support group is being launched in the Doylestown area. The support group will meet on the second and fourth Thursday of the month

from 7:00 – 8:30 P.M. at 56 East Oakland Avenue, Doylestown, PA 18901, beginning December 9, 2010. 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.

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.namibuckspa.org We also have a

new email address info@namibuckspa.org The new website features a calendar of events as well as a virtual discussion board.

Please stop by to visit and join in the discussion.

Connection Training

NAMI PA will be offering Connection Facilitator training in December. If you have taken the Peer-to- Peer class and would like to become a NAMI

Connection facilitator and are available to attend a three-day training on December 10, 11 & 12 at Mother Boniface Spirituality Center, 3501 Solly

Avenue, Philadelphia, PA 19136, please give us a call at 1-866-399-NAMI(6264) or email at info@namibuckspa.org

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

PEACE *By Cheryl Brenner*

Peace be with you
There is nothing like peace
Peace is kind and genuine
I make my peace in everything
They say seek and pursue it.
Peace is serene
Peace is love
Peace is quiet
Peace is there for anyone who wants it
Peace is a flower
Peace is a child
Peace is a butterfly
Peace can be your spouse or
boyfriend or girlfriend.

GOD *By Cheryl Brenner*

The Lord – Jesus – Holy Ghost
Whatever you call him in your religion
God is an awesome God
God is the king of all kings.
There is nothing like God
When you have God in your life
there is no need to worry
Lord, please prepare us all for Heaven
It's a beautiful place to be
Gold walkways, step stones made of gold, rooms
made of gold
Heaven is a place to be
God is love – God is peace – God is ours
Keep your heart in with God and
you win and reap the rewards
God is the Holy Ghost
Keep him in your heart.

Earths Blessing *By Dorothy McClellan* *September 30, 2008*

I look at the foothills
I look at the woodlands
Look to the mountains
Walk on beach sands

There are miracles in color of
flowers and trees
God gave us wonders for joy and to please

I walk down pathways and winding roads
Searching for beauty in millponds and toads

I see dogwoods, I see daisies
The wonder amazes

I see patches of clover
I am delighted over and over

God gave us a beautiful earth with millions of
blessings and wonderful, wonderful worth



My Mother Was A Flower *By Dorothy McClellan* *2004*

My mother was a flower
My mother was a rose
God needed another Angel so he her beauty chose

My mother taught me giving
The greatest way of living
Her heart was strong and tender
Like sunrise in its splendor

She spoke to me with wisdom
She spoke to me with praise
She taught me many lessons in my childhood days

My mother made my dreams come true
She was the greatest lady that I ever knew
Her love was sweet and pure
She could drive away a tear

She was my precious mother
I loved her as no other

Innovative Recovery Documentary Has Local Roots

Serious mental illness interrupted his dream of a filmmaking career. Thirty years later, he’s now directing the movie of his life. Without waiting for his symptoms to vanish, Philadelphiaian Bud Clayman has become one of films’ most unlikely heroes.

OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger’s Movie is an engaging documentary that is laced with humor. It’s about the pain and vulnerability of mental illness, a family’s struggle of acceptance, sources of relief, as well as Bud’s search for belonging. As his camera navigates the rapids of recovery, a parallel journey unfolds as Bud, the Director, creates a movie that he believes will transform his life.

Making this intensely personal documentary stretches him in unpredictable ways. As he connects the dots, Buddy reframes his quest. A portrait of imperfect courage emerges – a testament to acceptance, change, and hope.

“More than a film about mental illness, it’s about the human experience in all of its humorous, neurotic, beautiful, tortuous glory.” – Liz Spikol, Mental Health Association of Southeastern PA; Blogger, *The Trouble with Spikol*.

“I have watched many films about mental illness – OC87 is the best.” – Larry Real, MD, Medical Director, Horizon House.

“Funny, poignant, moving – this film is transformational.” - Sara Watters, LMHC, Windhorse Integrative Mental Health.

OC87 is premiering at national and international film festivals, as well as at major mental health and recovery conferences. The film was featured during the recent Philadelphia Film Festival, followed by audience Q/A with the filmmakers. Upcoming festival screenings include New York City, Red Rock (UT), and Hamburg (Germany).

For more information and to see the trailer: www.OC87.com.

Mental Illness and Exercise

NAMI Hearts and Minds Website
Movement is good for the body, spirit and mind. Activity and exercise are very important for people living with mental illness. Individuals living with mental illness often have a higher risk for heart disease, and exercise can play a key part in a wellness plan. Activity and exercise are great ways to combat factors that are part of heart disease risk, stress, high blood pressure, weight gain and diabetes--all problems commonly found among people living with mental illness. Exercise plays a key part in elevating your mood and regulating sleep patterns. Currently, there is strong scientific evidence that physical activity can lower the risk of the following conditions in adults and older adults:

- early death
- heart disease and stroke
- Type 2 diabetes
- high blood pressure
- cholesterol problems
- metabolic syndrome
- colon and breast cancers
- weight gain

- symptoms of depression
- falls

Most studies conducted on mental illness and exercise look at the effects on depression, but an active lifestyle is important for everyone. This is particularly true for those living with schizophrenia and who are on second-generation atypical antipsychotic medication (SGAs) because they are more vulnerable to obesity. In 2004, a joint panel comprised of the American Diabetes Association, the American Psychiatric Association, the North American Association for the Study of Obesity and the Association of Clinical Endocrinologists issued a statement advising patients taking psychiatric medications. Those on SGAs may be at increased risk for obesity, diabetes, high cholesterol and heart disease. Early detection, through blood tests from your doctor, is imperative and communication with your doctor is extremely important. In 2008, the U.S. government published the ***Physical Activity Guidelines for Americans***. The Guidelines contain useful information

for adults and children, including the recommendations that children and adolescents aged 6-17 years should get at least 60 minutes of physical activity a day and adults should aim for five hours of exercise a week. There is also evidence to suggest that exercise can help reduce abdominal obesity, a key risk for metabolic



syndrome and Type 2 diabetes. Finally, there is evidence that exercise can help with weight maintenance after weight loss, help reduce the risk of hip fractures, increase bone density, improve sleep quality and even lower risk of lung and endometrial cancers. Individuals should always engage with their health care provider before starting an exercise plan.

Healthy Eating

NAMI Hearts and Minds Website

Nutrition is important for everyone, but if you are living with mental illness, eating well is especially important for you. The foods you eat can affect your daily life, mood and energy level. Healthy eating is not about being thin or deprivation. The word “diet” refers to eating habits. A healthy diet is about feeling good, having more energy, participating in your recovery and mapping out your future. A poor diet equals poor health, contributing to obesity, metabolic syndrome and diabetes—conditions that many people living with mental illness are at high risk of developing.

What Is a Healthy Diet?

A healthy diet emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk products. A healthy diet should also include lean meats, poultry, fish, beans, eggs and nuts. Be sure to limit saturated fats, trans fats, cholesterol, sodium and added sugars. Here is a list of healthy foods. Visit www.mypyramid.gov to see the recommended balance for a good diet as suggested by the U.S. Department of Agriculture.



Whole grains

The benefits of a high-fiber diet are well-known. Besides fiber, whole grains provide B vitamins, folic acid, iron and magnesium. Look at the nutrition facts panel for at least two grams of dietary fiber per slice of bread. The first ingredient should say “whole wheat” or “100 percent whole grain.”

Fats

Foods that are high in saturated fats can increase our cholesterol levels. It is important to limit foods such as fatty meats, whole milk, butter and tropical oils such as coconut and palm. Trans fats should be eliminated, so look at the nutrition facts panel and avoid foods that contain partially hydrogenated oils. Foods such as margarine, shortening, commercial french fries and pastries are often high in trans fat. When choosing cooking oil, use canola or olive oil whenever possible. Omega-3 fats, which have health benefits, are found in fatty, deep-water fish such as salmon, tuna, bluefish, sardines and herring. Some studies show that Omega-3 fats provide protection against heart disease, stroke and may also be useful for depression and other health issues. Omega-3 fatty acids are a source of ongoing research in psychiatric conditions.

Milk and Milk Products

Milk products are our main source of calcium and vitamin D, both of which are essential for healthy bones and teeth. Milk and milk products are also a good source of riboflavin, potassium, protein and magnesium. The recommendation for calcium is 1,000-1,200 mg per day. One serving of milk contains about 300 mg. Other sources of calcium include yogurt, cheese, dark green vegetables and calcium-fortified orange juice. If you cannot tolerate milk products, try lactose-reduced products. If you are dairy-free or vegan, go for calcium fortified soy or rice milk.

Vegetables

Vegetables are low in calories but high in fiber, potassium, vitamins A, C and E and phytonutrients. Benefits of eating vegetables include reduced cancer risk, reduced risk of heart disease, lower blood pressure, diabetes prevention and help with weight

control. Choose a wide variety of colors when selecting your vegetables each day for the most health benefits.

Fruits

Apart from vegetables, fruits are the most colorful foods on the pyramid. They provide fiber, folic acid and a variety of other nutrients such as vitamin C, potassium and health-protective phytonutrients. Also, they are relatively low in calories and make a healthy, filling snack.

Nuts and Seeds

Nuts can provide a powerhouse of nutrients. Each type of nut offers its own health benefits. For example, walnuts contain plant-based Omega-3 fatty acids, almonds are high in vitamin E and Brazil nuts are high in selenium (an antioxidant). Since nuts and seeds are high in calories, be sure to watch your portion size.

Beans

All beans are inexpensive, low-fat, nutrient powerhouses. They contain protein, fiber, B vitamins, iron, folic acid, potassium, magnesium and phytonutrients.

Protein

All red meat choices should be lean, and poultry should be skinless. Choosing white meats over red meats is a good general strategy. Fish should be eaten at least twice a week. Beans, tofu and nuts can substitute for meat in meals.

Dining Out

Restaurants may be able to make healthier versions of their dishes, and there’s nothing wrong with asking. Most restaurants just want to make customers happy. Ask if you can get your food baked, roasted or steamed instead of fried. Ask for fat-free milk rather than whole milk. Ask for salad dressing on the side. Part of eating healthy is making minor decisions like these, and you may not even notice the difference in taste.

Smoking and Mental Illness

NAMI Hearts and Minds Website

People living with mental illness have a very high rate of smoking. A study by the *Journal of the American Medical Association* reported that 44.3 percent of all cigarettes in America are consumed by individuals who live with mental illness and/or substance abuse disorders. This means that people living with mental illness are about twice as likely to smoke as other persons. A positive note is that people who live with mental illness had substantial quit-rates, which were almost as high as the group without mental illness.

The Connection between Mental Illness and Smoking

While we still have a lot to learn about why people smoke, there is plenty of information to support the serious health risks of smoking. So while there may be good reasons why you were attracted to smoking, the key is to figure out ways to increase rates of quitting. Nicotine isn't a health problem on its own, but when smoked and combined with hundreds of other chemicals that are present in cigarettes, the practice of smoking is toxic. Psychologically, all addictions soothe cravings. People often find themselves relaxed and less tense when their addiction is fed. This is true of cigarette smoking. Smoking can also be part of a social norm, one where people in your social circle all hang out and smoke. Some people who live with mental illness learned to smoke in a hospital or in group-living settings. These examples help illustrate how the mental health culture needs to move forward to reduce the tie between socialization and smoking.

Effects on Symptoms and Medications

Research shows that people living with mental illness do not have worse symptoms after they quit. It is understandable that this is a concern with quitting smoking. Quitting is hard

work, and it may take many efforts to be successful. Be sure to get support, talk with your health care provider, set a quit date and explore the NAMI Hearts & Minds tools for success at www.nami.org/heartsandminds.



Benefits of Quitting

There are immediate and long-term benefits to quitting smoking. Within minutes of smoking the last cigarette and beyond, the body begins to restore itself.

Quitting Tips and Support

Take three steps to support your health and wellness:

Get Ready—set a date.

Get medicine—talk with your health care provider.

Get help—call 1 (800) QUIT-NOW or find a local support group near you.

There is good evidence that simple phone support may make a real difference for people who want to quit smoking. 1 (800) QUIT-NOW is a great resource for individuals who want to quit smoking. It is free, and many people have found this resource helpful. In addition, some smoking cessation programs offer free text messages that help provide ongoing support and coaching.

To quit permanently, you may need to rely on more than one method at a time. Methods may include step-by-step manuals, phone support, self-help classes, counseling, nicotine replacement therapies (NRT) and/or prescription medications.

Second-hand Smoke

There are two types of second-hand smoke: mainstream smoke—the smoke that is exhaled by a smoker—and sidestream smoke, the smoke that comes from a burning cigarette, cigar or pipe. Second-hand smoke is inhaled by nonsmokers who are around smokers. It lingers in the air after cigarettes, cigars or pipes have been extinguished. Exposure to second-hand smoke is called involuntary smoking or passive smoking. Second-hand smoke can cause or exacerbate a wide range of adverse health effects, especially in children.

Second-hand smoke has been classified by the EPA as a known carcinogen. It contains hundreds of chemicals, including formaldehyde, benzene, vinyl chloride, arsenic ammonia and hydrogen cyanide. According to the American Lung Association, second-hand smoke causes almost 50,000 deaths in adult nonsmokers in the United States each year, including approximately 3,400 from lung cancer and as many as 69,600 from heart disease. It can also irritate the lungs causing coughing, wheezing, increased phlegm and a feeling of breathlessness. Children who are exposed have an increased risk of asthma attacks, ear infections and lung diseases (i.e., pneumonia and bronchitis).

To protect yourself and your family from second-hand smoke, do not allow anyone to smoke in your home. If you have loved ones or coworkers who smoke, make sure they know that you would prefer them to not smoke around you and your family. Do not smoke or allow others to smoke in your car. Choose restaurants and bars that are smoke-free. Make sure your child's day care, school and after-school programs are smoke-free. Finally, ask your employer, clubhouse, hospital or day program to create a smoke-free policy.

A 34 Year Old Law In Need of An Up-Do

The Pennsylvania legislature of 1976 was pretty smart. They figured out that people with severe and untreated mental illness need treatment. They realized that when a person is too sick to recognize they are ill they sometimes need involuntary treatment to get on the road to recovery. Sometimes that takes the form of hospitalization (inpatient treatment); other times it takes the form of community treatment (assisted outpatient treatment). This, in essence, is the Mental Health Procedures Act of 1976, PA's current mental health law.

So, why is there legislation pending in both the PA senate (SB 251) and the house (HB 2186) to slightly amend that law? Why does NAMI-PA, numerous NAMI affiliates, the PA Sheriffs' Association and the Newtown Police Benevolent Association support that legislation?

Because the inpatient standard and the outpatient standard in PA are IDENTICAL and that standard is very high. In order to get treatment when you're too ill to know you're ill (which is called *anosognosia*, a neurological symptom recognized by the American Psychiatric Association and NAMI-National) you must have mental illness and be a *clear and present danger to yourself or others*. When someone is that ill, that dangerous, inpatient treatment is often the only appropriate option. The pending legislation would slightly modify PA's existing assisted outpatient standard to make it usable. When passed, a person with severe mental illness who is "likely" to become a clear and present danger would be able to receive treatment in their own community, instead of waiting to decompensate by becoming so dangerous as to require either hospitalization or incarceration.

House Bill and Senate Bill 251 provide a humane and compassionate approach to a treatable illness that, left untreated, morphs into pain, suffering and preventable tragedy.

To learn more about this important issue, please visit the Treatment Advocacy Center's Pennsylvania web page where you will also find all of the resolutions in support of this legislation.

http://www.treatmentadvocacycenter.org/index.php?option=com_content&task=view&id=234&Itemid=169

If you would like additional information about this legislation, please contact Jeanette Castello, Chair, PA Treatment Law Advocacy Group jcastello07@comcast.net or Aileen Kroll, JD, Treatment Advocacy Center, krolla@treatmentadvocacycenter.org.

Bucks County Housing Locator

In high cost areas like Bucks County, it is not enough just to have vouchers or rental assistance. Consumers, case managers, etc. need to also find affordable units to rent. Prior to the launch of www.bucksapartmentlocator.org on April 10, 2010, there was no single source for anyone who was seeking to rent an affordable house or apartment in Bucks County.

The site contains listings of Classified Ads, Craigslist Ads, For Rent by Owner, Non-Profit Rentals, Rooms for Rent, Listings of Bucks County

Apartment Complexes, Realtor Rentals, Senior Rentals, Special



Needs Housing, local Links & Resources, Affordable Sales (Habitat for Humanity Homes) and other county-wide housing resources.

It has become a much used resource for the consumer and our service providers. For more information please contact Jeff Sattler, Housing Specialist, Bucks County Housing Group, 2324 2nd St Pike, Suite 17, Wrightstown, PA 18940, 215-964-3114 (direct line) 215-598-3566 x127 (o) 215-598-9812 (f) jsattler@bchg.org
Check Out Affordable Rentals @ www.bucksapartmentlocator.org



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, August, November and December. For directions or more information, please call toll free at 1-866-399-NAMI(6264).



NAMI Basics Education Program Coming to NAMI Bucks

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 caregivers of children and adolescents living with mental illnesses. Development of this program was based on the success of other NAMI signature education programs for consumers and families available across the country. NAMI drew on course elements which have been extensively tested and found to be highly effective in the field. These elements include:

- recognition of mental illness as a continuing traumatic event for the child and the family;
- sensitivity to the subjective emotional issues faced by family caregivers and well children in the family;
- recognition of the need to help ameliorate the day-to-day objective burdens of care and management;
- gaining confidence and stamina for what can be a life-long

role of family understanding and support; and

- empowerment of family caregivers as effective advocates for their children.

The process of emotional learning and practical insight for families occurs most readily, and dependably, on the guided group process which takes place when individual family members are in a class together. This program will also take advantage of advancing technology which allows programs to virtually connect families and provides broader access to vitally important information.

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.

A section of the NAMI web site will be dedicated to disseminating information, including informational videos that can be viewed online, and resources for this program and to connecting family program participants.

In addition to the core course of six classes, additional topic modules will be developed for independent presentations for families interested in specific topics, such as transition issues, and advocacy.

The program includes a rigorous evaluation process to both build an evidence base on the effectiveness of the program and also to help ensure that the program continually delivers best practices to meet the unique needs of families.

NAMI Bucks will be launching this program in the Spring of 2011.



2011 GREATER PHILADELPHIA  **NAMIWalk**

Sunday, May 22, 2011

Location: Montgomery County Community College

340 DeKalb Pike Blue Bell, PA

Check-in 8:00am Walk 10:00am

NAMI WELCOMES EVERYONE TO WALK WITH US! NO REGISTRATION FEE

About NAMIWalks: It is a nationwide fundraising and mental health awareness program being held in more than 81 communities around the country, including right here in Greater Philadelphia. Funds collected by walkers will be used to fund NAMI's programs in the Greater Philadelphia area. These programs include support, education, advocacy and research involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders. All contributions are 100% tax deductible. NAMIWalks is a shine or rain event with activities for "Walk-in-Place" Walkers.

FOR MORE INFORMATION ABOUT THIS WALK PLEASE CONTACT OUR WALK MANAGER

NEEN DAVIS at neendave@aol.com

FOR INFORMATION ABOUT SPONSORING THIS WALK PLEASE CONTACT

CAROL CARUSO at ccaruso@nami.org

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 NEW LOCATION | NAMI-Connection Support Group Peer support group for people with a mental illness. Bensalem Library 3700 Hulmeville Rd., Bensalem, PA 19020 For more information call 1-866-399-NAMI (6264) |
| January 27, 2011 February 24, 2011 7:00 PM Warminster, PA | NAMI-CAN (Children’s and Adolescents Network) Voice & Vision Office Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA NO MEETINGS IN NOVEMBER AND DECEMBER Meets every 4 th Thursday of the month - Call 1-866-399-NAMI (6264) for information |
| February 17, 2011 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 Bucks County Family Support and Resource Coalition: A group of non-clinical resources, supports and services that have come together to work collaboratively towards a common goal of supporting families. |
| Spring 2011 TBD | Family-to-Family Education Program For more information call 1-866-399-NAMI (6264) |
| Spring 2011 TBD | Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264) |
| March 23, 2011 9:00 AM – 3:00 PM Spring Mill Manor Ivyland, PA | Sixth Annual Bucks County Youth & Family Resiliency Conference “Healing and Letting Go of Guilt, Shame and Stigma” Featuring Speaker Colleen Coffey |
| April 21, 2011 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 The 302 Process in Bucks County Speaker Tony Sevick will go over the 302 process in Bucks County |





National Alliance on Mental Illness
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 e-mail 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)**

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