

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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College Plus Program With Voice and Vision and Phyllis Perrine, LSW, MSW, CCDO-D, LCPC, Program Coordinator of Mental Health Services at Lower Bucks Hospital

Thursday, April 15, 2010 at 7:30 P.M.

Please join us for our April 15, 2010 General Meeting. Our speakers will be Jacqueline Thomas from Voice and Vision who will talk about their College Plus Program to help people in recovery from a mental illness to attend a college course at Bucks County Community College. Also speaking will be Phyllis Perrine, LSW, MSW, CCDO-D, LCPC, Program Coordinator of Mental Health Services at Lower Bucks Hospital. Phyllis will speak about Referrals, Admissions, and general information regarding the Behavioral Health Unit and will lead a discussion for questions or concerns the audience may have regarding the program.

**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**

Pin Worn by CIT Trained Officers



This pin is worn on the uniform of a CIT (Crisis Intervention Team) trained officer. It identifies the officer as having completed the week-long training on mental illness and related issues. The officers are specially trained to de-escalate a situation when a person with mental illness is in crisis and if necessary, bring the subject to a treatment facility.

If you should need to call your police department for help in a psychiatric crisis, tell them the situation involves an individual with mental illness and ask if they have a CIT officer available.

There are currently about 50 CIT Trained officers in various police departments in Bucks County. Most are in the southern end of the county, but as training progresses, more central and upper Bucks Officers will be trained. For more info see article on page 4 of this newsletter. Also visit http://www.namibucks.org/bucks_cit.htm

Announcements

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

Administrator
Debbie Moritz

Board of Directors:

President
Kathleen Campbell
Vice President
Position Open
Secretary
Charles Bechtel
Treasurer
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Isabel Godwin
Stephen Hurvitz, Esq.
Agnes McFarlane
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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@namibucks.org
Web Site:
www.namibucks.org

NAMI Bucks County Newsletter

Letters, News Articles, and
Announcements are welcome --
Deadline for articles for our Summer
2010 issue is May 24, 2010
Send to above address or by e-mail to
info@namibucks.org

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: THIS IS A NEW NUMBER. 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:

\$1 to \$25

Dennie & Carol Baker
 Beverly & Jeff Bull
 Sharon Furlong
 Irene Levin & Jeff Garber (in memory of Suzanne Spilker)
 Esther McDonald
 Donald & Janet Millin
 Joseph Charles Sears
 Mendorha G. Sider (in memory of Suzanne Spilker)
 Paula Spitzberg (in memory of Suzanne Spilker)
 Paula Spitzberg (in memory of Albert Boonin)

\$26 to \$50

Karen Capie

\$51 to \$100

David & Mary McComsey
 Susan & Ricky Mosley
 Carol & Thomas Walsh

\$101 to \$500

Michael Rooney
 Bristol-Myers Squibb Co.
 State Mental Health Liaison
 Johnson & Johnson Family of Companies Matching Gift Program for David McComsey

Office Volunteer

Bernadette Dyer

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

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@namibucks.org

The Sights and Sound of Nature *By Cheryl Brenner*

The birds, the rabbits, the bees
 The butterflies, the deer
 The flowers, the buds on the trees
 The shrubs, the wildflowers are the signs of nature is beautiful in the Spring and Summer
 The green grass, the sunshine.

The Ocean *By Cheryl Brenner*

It can be rough, it can be calm
 It has a lot of ocean life in it.
 Starfish, clams, jellyfish, dolphins, sharks and more
 When summer comes, everybody packs up to go to the ocean
 Where everyone's place to be is the shore, the ocean and the boardwalk.

Butterflies *By Cheryl Brenner*

Orange, Green, rainbow, Yellow
 They fly, I don't know why
 They soar so far in the sky.
 Butterflies are nice to watch.
 They fly in the spring and summer.
 So next time you look up to see a butterfly you know that it is that special time of year.



Helping police deflate crises

By: DANNY ADLER *Bucks County Courier Times*

March 12, 2010

The Bucks County Crisis Intervention Team is designed to improve police interactions with people with mental and emotional illnesses, substance abuse and related conditions.

There are a lot of instances that, just years ago, would have ended with someone with a mental disorder handcuffed and tossed into a jail cell. Or seriously injured, maybe dead.

Those instances now often end with police finding ways to help people. Or a safe interaction in which no one - suspect or police - gets hurt.

It's all part of the Bucks County Crisis Intervention Team, and it's why the American Red Cross is calling these first responders one of Bucks County's Real Heroes, awarding the team with the Community Partner Hero award.

The team joins other men and women from our area who will be honored during a breakfast Thursday at the Belle Voir Manor in Bensalem.

A jail diversion program, the Crisis Intervention Team is designed to improve police interactions with people with mental and emotional illnesses, substance abuse and related conditions.

Officers are trained to recognize psychiatric distress and learn how to deflate a crisis. They also help link people with treatment. The result, law enforcement officials say, is one with fewer arrests and use of force, fewer injuries and deaths, and generally improved safety.

The program, modeled after one started in Memphis about two decades ago, helps police understand various symptoms and how they affect someone's behavior and judgment, along with de-escalation techniques. They also help cops in regards to

interactions with military veterans suffering from post traumatic stress disorder, or someone looking to die from suicide-by-cop.

"It's a program that's designed to deal with people in crisis," said Northampton police Chief Barry Pilla, a Vietnam veteran concerned with how police interact with certain vets, especially those suffering from PTSD.

"We were amazed at how many interactions police officers have with folks who have mental and emotional issues. We're police officers. We're not psychiatrists, but we have to deal with these issues."



He and other law enforcement officials think every police officer should undergo at least some degree of the crisis intervention training. Bucks County started a crisis intervention task force in 2008 and members of four Lower Bucks municipal police departments (Bensalem, Northampton, Bristol and Bristol Township) originally received the crisis intervention training. Now members of various police departments and local officials have received training. Recently 303 individuals participated in a 6-hour "Introduction to CIT" class. Forty-five

have participated in the 40-hour CIT certification course, according to Tony Sevick. Sevick is Bucks County's director of mental health clinical services and a CIT taskforce member. "Seven days after the first 40-hour CIT training, a CIT officer responded to a group home for a young male who wanted to commit suicide by throwing himself in front of a SEPTA bus," Sevick said. The man had self-inflicted cuts to his arms and hand. Because of the CIT training, Sevick said, the officer convinced the man to seek treatment and he is doing well.

"Anytime an officer can utilize their voice tone to calm a person down and make them feel comfortable, it reduces the possibility of injuries to the officer or person," Bensalem police Sgt. Andrew Aninsman said. Aninsman is also a taskforce member.

Northampton police Officer Steve Kingsdorf, a CIT-trained officer, believes in the Crisis Intervention Team.

"Sometimes you are not going to be able to avert something, but at least give us all the tools on our belts so we can try," Kingsdorf said.

"We've had cases that, prior to this training, the subjects probably would have just been arrested," the Northampton officer said.

Pilla, Northampton's chief, says the program makes those who go through the training better people, better investigators and better interviewers.

"This training makes you a better person, teaches you to look at people differently," he said.

http://www.phillyburbs.com/news/local/courier_times/courier_times_news_details/article/28/2010/march/12/helping-police-deflate-crises.html

NAMI Connection 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 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

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

Administration Issues Mental Health Parity Rule

*By Emily P. Walker, Washington Correspondent, MedPage Today
Published: February 02, 2010*

WASHINGTON – Under a proposed rule released by the Obama administration, patients in a group insurance plan who are being treated for mental illness or substance abuse may no longer be charged more than if they were receiving medical or surgical care.

The Department of Health and Human Service (HHS), the Department of Labor, and the Internal Revenue Service issued an interim rule last week containing specific language necessary to enforce the bipartisan mental health parity law passed by Congress in 2008.

The law -- called the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act -- states that if a group health plan covers the treatment of mental illness or drug or alcohol abuse, the limits and financial requirements for these services can be "no more restrictive" than those that apply to medical and surgical benefits.

That means an insurance plan cannot charge higher copayments, deductibles, and out-of-pocket expenses for mental health services than for treatment of physical illnesses.

Companies with fewer than 50 employees in their group insurance plans are excluded from the law. "The rules we are issuing today will, for the first time, help assure that those diagnosed with these debilitating and sometimes life-threatening disorders will not suffer needless or arbitrary limits on their care," said Kathleen Sebelius, secretary of HHS.

The American Psychiatric Association (APA) issued a statement applauding the regulations.

"Mental health parity was a major advance for the APA and for our patients living with mental illnesses," according to the group's president, Alan F. Schatzberg, MD. "The APA will continue to work hard and submit the important feedback to the administration that is necessary to make sure our patients receive the care they need."

The statement also drew attention to some shortcomings in the regulations, which did not address provider networks and formulary development.

The APA intends to submit recommendations for these and other topics during the 90-day comment period.

The American Psychological Association also welcomed the regulations.

"We are delighted that under these regulations consumers are protected from insurance discrimination to the

greatest extent possible," according to its executive director for professional practice, Katherine Nordal, PhD, in a prepared statement.

The rule also requires a single deductible for mental health and medical/surgical coverage. Patients who are being treated for a mental condition at the same time as somatic condition often have to pay separate deductibles which can "prevent access to mental health treatment," according to the psychologists' group.

"It is particularly significant that the regulation will ban health plans from imposing separate deductibles or setting separate out-of-pocket caps for mental health and medical/surgical services," the statement said. "This is a big win for anyone seeking mental health treatment."

The 2008 law expanded greatly on the Mental Health Parity Act of 1996, which required parity only in lifetime and annual dollar limits. In practice, critics say, insurers got around that prohibition by charging higher copayments for mental health services and by "cherry-picking" services that would and would not be covered.

The 1996 law also specifically excluded coverage parity for substance abuse treatment.

The new rule will take effect April 5, 2010.

Healthy Minds Across America , Discovering Hope Trough Science

A national series of public education forums highlight the latest breakthroughs in mental health research. These events are open to the public at no cost and will take place at more than 40 institutions throughout the United States and Canada over four weekends in April and May.

Meet the world's leading experts on illnesses such as schizophrenia, depression, bipolar disorder, autism, and post-traumatic stress disorder and hear their message of hope on the latest medications, treatments and support to improve the lives of those suffering from psychiatric illnesses.

Presentations:

From Mind To Molecule

Raquel E. Gur, M.D., Ph.D.

The Karl and Linda Rickels Professor
Vice Chair for Research
Development
Departments of Psychiatry,
Neurology & Radiology
Director, Neuropsychiatry Section

Understanding Emotion Processing

Ruben C. Gur, Ph.D.

Professor, Departments of
Psychiatry, Radiology & Neurology
Director, Brain Behavior Center

Early Risk Syndrome For Schizophrenia

Christian G. Kohler, M.D.

Associate Professor of Psychiatry
Clinical Director, Neuropsychiatry
Section

**Moderated by Raquel E. Gur,
M.D., Ph.D.**

The local forum will be held at the University of Pennsylvania School of Medicine, Austrian Auditorium, Clinical Research Building (CRB) 415 Curie Boulevard, Philadelphia, PA on April 10, 2010 at 1:00 P.M. to 4:00 P.M. There is no cost to attend. Space is limited and reservations are recommended. RSVP at www.narsad.org/hmaa or call 877-460-2003.



“As you know, the 3rd Annual Greater Philadelphia NAMI Walks will be held this year on Sunday, May 2, 2010 at Montgomery County Community College in Blue Bell, PA. I’VE GOT MY “NEW KNEES” SO I’LL BE WALKING THIS YEAR !! I had both my knees replaced last April and I’M READY. Are you? Please say, “YES, I AM !!”

“I’ll be contacting my family and friends to support and walk along with me. I’ll be letting them know the “journey” I and my immediate family have traveled through this devastating illness. Won’t you do the same with your family and friends? There are sample letters on the NAMI Walks website you can use to send to your family and friends. We’ve set a lofty goal for our Chapter this year – some \$20,000. Every \$1, \$5, \$10 – hey, \$100 if you can – will help us reach this goal.

“The theme this year is, “Changing Minds....One Step at a Time”. What better way to do this than to join our Chapter’s team, “Bucks for Brains”. So, come on out and join folks from around the region for a day of awareness, fund-raising and ABSOLUTE FUN !! Let’s make every annual Walk better than the last !! SEE YOU THERE !!”
-- Marge Green, Levittown, PA

It's now time to create your Walk team. You have the option of forming a Walk team, signing up to walk with an existing Walk team, or signing up to walk as an individual walker. **The Greater Philadelphia NAMI Affiliates** are comprised of the following counties who work to further the national organization’s goals in our region: NAMI PA-Bucks County; NAMI PA-Delaware County; NAMI PA-Philadelphia, Mainline and NAMI PA-Montgomery County (see separate flyer included with this newsletter).

Our Chapter’s team, “NAMI Bucks for Brains”, is already registered online and anyone may join this team or form your own family or organization team. If you are interested in forming a team or participating in some way, either by joining a team, forming your own and/or volunteering, please call 1-866-399-NAMI(6264). If you would like to donate, please send a check made payable to Greater Philadelphia NAMI Walks to PO Box 355, Warrington, PA 18976 or go online and support our team or an individual walker on the Walks Website.

http://www.namibucks.org/nami_walks1.htm

We raised more than \$4,000 last year and we hope to raise even more this year. No transportation will be provided to the walk, however, car pool opportunities may be available.

Mental health: Overcoming the stigma of mental illness

By Mayo Clinic staff

Stigma is a very real problem for people who have a mental illness. Based on stereotypes, stigma is a negative judgment based on a personal trait — in this case, having a mental health condition. It was once a common perception that having a mental illness was due to some kind of personal weakness. We now know that mental health disorders have a biological basis and can be treated like any other health condition. Even so, we still have a long way to go to overcome the many misconceptions, fears and biases people have about mental health, and the stigma these attitudes create.

Stigma may be obvious and direct, such as someone making a negative remark about your mental health condition or your treatment. Or it can be subtle, such as someone assuming you could be violent or dangerous because you have a mental health condition. These and other forms of stigma can lead to feelings of anger, frustration, shame and low self-esteem — as well as discrimination at work, school and in other areas of your life. For someone with a mental illness, the consequences of stigma can be devastating. Some of the harmful effects of stigma include:

- Trying to pretend nothing is wrong
- Refusal to seek treatment
- Rejection by family and friends
- Work or school problems or discrimination
- Difficulty finding housing
- Being subjected to physical violence or harassment
- Inadequate health insurance coverage of mental illnesses

Steps to cope with stigma

Learning to accept your condition and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference. Here are some ways you can cope with stigma:

- **Get treatment.** Don't let the fear of being "labeled" with a mental

illness prevent you from seeking diagnosis and treatment.

Diagnosis and treatment can provide relief by identifying what's wrong in concrete terms, and reducing symptoms that interfere with your work and personal life.

- **Don't let stigma create self-doubt and shame.** One of the most important ways to minimize the stigma of mental illness is to come to terms with your illness. Others' judgments almost always stem from a lack of understanding rather than information based on the facts. Feeling ashamed, embarrassed or humiliated because of something beyond your control can be very destructive. Psychological counseling may help you gain self-esteem and cope with your reaction to others' bias or your own self-judgment.
- **Seek support.** If you have a mental illness, it can be hard to decide who to tell, if anyone, and how much to tell. You may not be comfortable telling anyone anything about your condition. On the other hand, if you tell people you trust, you may find much-needed compassion, support and acceptance. Because stigma can lead to social isolation, it's especially important to stay in touch with family and friends who understand. Isolation can make you feel even worse.
- **Don't equate yourself with your illness.** You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," call yourself "a person with schizophrenia." Don't say you "are depressed." Say you "have depression."
- **Use your resources.** Stigma can have effects on your education, career, housing and other areas of your life. Take advantage of federal, state and nonprofit resources available to you. A number of agencies and programs support people who have mental health conditions — examples include state agencies such as Vocational Rehabilitation, Veterans Affairs (VA), and nonprofit organizations such as NAMI, which have national and local chapters as well as Internet resources.
- **Get help at school.** If you or your child has a mental illness that affects learning, find out what plans and programs might help. Discrimination against students because of a mental health condition is against the law, and educators at primary, secondary and college levels are required to accommodate students as best they can. Talk to teachers, professors or administrators about the best approach and available resources. If a teacher doesn't know about a student's disability, it can lead to discrimination, barriers to learning and poor grades.
- **Join an advocacy group.** Some local and national groups, such as the National Alliance on Mental Illness (NAMI) have programs that watch for and correct stereotypes, misinformation and disrespectful portrayals of people with mental illnesses. Organizations like NAMI also offer support groups and information to help you cope with your condition.
- **Speak out.** Speaking at events can help instill courage in others facing similar challenges and also educate the public about mental illness. Until you gain confidence, you may want to start at small events, such as talks at a support group or church community. If you spot stigmatizing stories, comic strips, movies, television shows or even greeting cards, write letters of protest that identify the problem and offer solutions.



Kids Corner

Sixth Annual Bucks County Youth & Family Resiliency Conference a Huge Hit

Bucks County held their Sixth Annual Youth & Family Resiliency Conference on Wednesday, March 24, 2010 at the Spring Mill Manor, Ivyland, PA. This year's theme was "Humor Promotes Healing". The featured speakers were Gina Gallagher and Patty Konjoian, "The Movement of Imperfection", who spoke to a packed house of families, parents, professionals and youth. Patty and Gina are mothers of children with disabilities and have a



humorous look at what day to day life is like in their families. The conference also featured a Family Panel, a Youth Presentation of the

"Wisdom of Oz" and many community resources as well as annual Resiliency Awards. We are looking forward to next year's event. If you are interested in serving on the planning committee for next year's conference, please call 1-866-399-NAMI. This conference was Sponsored by Bucks County Child Serving Systems, Youth and Families.

NAMI Launches Social Networking Site for Young Adults

March 23, 2010

Arlington, Va.— The National Alliance on Mental Illness (NAMI) has launched **StrengthofUs.org**, a new online community where young adults living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years from ages 18 to 25.

Developed by young adults, **StrengthofUs.org** is a user-driven social networking community where members can connect with peers, share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news.

The site offers resources on issues important to young adults, including:

- Healthy relationships
- Family and friends
- Campus life
- Independent living
- Finances
- Employment
- Housing
- Mental health issues

"Young adulthood is an exciting challenge, but also a confusing and stressful time for anyone," said Michael Fitzpatrick, NAMI executive director. "Life can throw things at you fast."

"Mental illness affects everyone. **StrengthofUs.org** is intended not just for young adults who have a mental illness, but for anyone entering adulthood that has a friend, parent or other family member facing a mental health problem."

"Most of all, **StrengthofUs.org** is an interactive, fun space where young adults can share experiences and other information to empower each other, build relationships and offer peer support."

"**StrengthofUs.org** is about helping and inspiring each other," said Alex M. White, age 23, a member of the advisory group of young adults who helped develop the Web site. "I would not be alive today if it had not been for the love, care and support I received from family, friends and loved ones."

White was diagnosed with bipolar disorder at age 13. He dropped out of

school and attempted suicide before gaining control of the illness. A Montana State University graduate, White now leads a happy, productive life in New York City. He has made an award-winning short film, ***Une Vignette de Melancolie***, about depression and suicidal ideation that has played internationally. NAMI created the **StrengthofUs.org** community through the support of the Rodwell Dart Memorial Foundation, established by Hailey Dart, in loving memory of her son, Roddy, who lost his life at age 22.

Special Note

On April 20, the Web site will host a "launch party" featuring a remix of the song "Goodmorning" from the upcoming ***Derivatives*** album by **William Fitzsimmons**, who worked helping people with mental illness before turning a passion for music into his profession. He was named an iTunes Best Singer-Songwriter for his album ***The Sparrow and the Crow*** and his music has been featured on the television show ***Grey's Anatomy***.

Artists in Recovery Needed

Open to artists receiving mental health and/or co-occurring recovery services in Bucks County

The Penn Foundation is sponsoring an:

Art and Poetry Show and Sale.

ALL SALES GOES TO ARTIST

The show will be held on July 15th and 16th

With a special poetry reading event and reception on Friday evening July 16th, 2010

Artists may have 3 entries.

Poets may have 2 entries

Sculptures may have 3 entries

All art must be framed, matted, or on canvas board

All Poetry must be 500 words or less and typed

ALL NAMES, PHONE NUMBERS AND ADDRESSES MUST BE CLEARLY IDENTIFIED ON THE BACK OF YOUR ART AND POETRY

AS WELL AS PRICE IF YOU WISH TO SELL YOUR PIECES

All art and poetry must be accompanied with the Attached consent form

Cut and Mail bottom registration with consent form to:

Wellspring Clubhouse
700 South Main Street
Sellersville, PA 18960
215-257-4760

Poetry selections with consent form can be mailed immediately and up to June 14th

All art selections must be delivered to the Wellspring Clubhouse

June 14th through July 2nd

Art work must be picked up one week after the show.

Any artwork not picked up will be considered a donation.

All large and fragile pieces please contact Lisa Dembrosky at 215-257-4760

Name:

Address:

Phone:

Email:

Poetry _____

Description of Art & Size:



NAMI Walks



National Alliance on Mental Illness

Changing Minds...One Step at a Time

2010 Greater Philadelphia NAMIWalk

5k (3.2 miles) walking event.

When: Sunday, May 2, 2010
 Where: Montgomery County Community College
 340 DeKalb Pike, Blue Bell, PA 19422
 Check in: 8:00 a.m.
 Walk Begins: 10:00 a.m.

No Walker Registration Fee!

NAMI Welcomes Everyone to Walk with Us!

Teams of Families, Friends, Faith-Based Groups, etc. are Welcome

About NAMIWalks: It is a nationwide fundraising and mental health awareness program being held in more than 81 communities around the country in 2010, including right here in Greater Philadelphia. Funds collected by Walkers will be used to fund NAMI's programs in the Greater Philadelphia area: **Bucks County, Delaware County, Main Line, Montgomery County, and Philadelphia County.** 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 the walk please contact our Walk Manager:

Neen Davis at neendave@aol.com

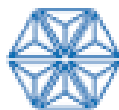
Visit the Greater Philadelphia NAMIWalks official website: www.nami.org/namiwalks/PA/Philly



We want you to know[®]



Hedwig House.



Bristol-Myers Squibb



Together we can prevail.[®]



Philadelphia Society of Clinical Psychologists



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).
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)
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)
April 15, 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 College Plus Program with Voice and Vision and Phyllis Perrine, LSW, MSW, CCDO-D, LCPC, Program Coordinator of Mental Health Services at Lower Bucks Hospital
April 22, and June 24, 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
May 2, 2010 Check in begins 8:00 A.M. Walk begins 10:00 A.M.	NAMI WALKS Montgomery County Community College 340 DeKalb Pike, Blue Bell, PA 19422
June 17, 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 Creating Bridges of Belonging for Persons with Mental Illness Paul Keisling, MSW, Chief Executive Officer, Project Transition
June 30 – July 3, 2010 Washington DC	NAMI National 2010 Annual Conference
Fall 2010 Newtown TBD Central Bucks	Family-to-Family Education Program For more information and locations call 1-866-399-NAMI (6264)
Fall 2010 Wednesday Evenings Warminster, Sellersville and Bristol	Peer-to-Peer Education Program For more information and locations call 1-866-399-NAMI (6264)





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@namibucks.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!
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**Chapter Toll-Free Helpline
1-866-399-NAMI (6264)**

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