



The Nation's Voice on Mental Illness

PA, Bucks County

The Official Newsletter of NAMI Bucks County Volume : 9 Issue 2 Newsletter Spring 2012

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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The Proposed State Budget Cuts and What They Mean for Bucks County

Thursday, April 19, 2012 at 7:30 P.M.

Mary Beth Mahoney, Administrator, Bucks County MH/DP
Dawn Seader, Bucks County Deputy Administrator, Bucks County MH/DP

Please join us for our April 19, 2012 Forum. Mary Beth Mahoney, Administrator, and Dawn Seader, Deputy Administrator, Bucks County MH/DP will lead a discussion on what the proposed state budget cuts means to Bucks County.

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

Budget Cuts Threaten Mental Health Services

At no other time has our Bucks County Mental Health System been more threatened than now. Governor Corbett has proposed a 2012/2013 budget that cuts Mental Health by 20%. The MH Budget is only 1 ½ % of the Pennsylvania Public Welfare Expenditures yet these cuts will hurt those who are most vulnerable in our state.

The Legislature is now grappling with these cuts. There is no doubt that services you or your family member need, or may need in the future, will be drastically cut or eliminated. Our Representatives need to understand how these cuts will affect their community. They need to hear from you, their constituents about this matter.

We do have advocates in Harrisburg. Representative Gene Di Giralomo of Bensalem, Chairman of the Human Services Committee (his statement regarding the budget can be found on Page 6), needs our support. Here is what you can do.

1. Come to our meeting on April 19 and learn how these cuts will affect you.
2. Call and write your Representative and State Senator (Talking Points and a sample letter are posted on our website along with information on how to contact your state representatives.)
3. Volunteer to attend a meeting with our representatives so we can let them know our concerns. Call 866-399-NAMI (6264)

With your help we can prevent these cuts from taking place.

Kathleen Campbell, President
NAMI Pennsylvania – Bucks County Chapter

**NAMI of PA,
Bucks County Chapter**

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1-866-399-NAMI(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
Summer 2012 issue is May 14, 2012
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.

Volunteers Needed

The heart of NAMI Bucks rests on all of its volunteers. We are currently recruiting volunteers to facilitate our Support Groups, teach the Family-to-Family Education Course or mentor Peer-to-Peer. You must have taken the Family-to-Family or Peer-to-Peer Education Classes to qualify. We also are looking for volunteers to serve on the 2012 NAMI Walks Committee and a newly forming Outreach Committee. If you are interested, please call the NAMI Bucks County Office at 215-442-5637.

Thank You for Your Contribution

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

\$1 to \$25

Lucille Acquaviva
 In memory of Nicholas Fleming
 Margo Meriwether-Desimone
 In memory of Nicholas Fleming
 Sharon & Park Furlong
 John & Mary Rogalski
 In memory of Nicholas Fleming
 Nancy Skiffington
 Cathy Jo Transue
 In memory of Nicholas Fleming

\$26 to \$50

Richard & Theresa DiMichele
 Phillip & Leslie Fenster
 Mr. & Mrs John & Clare Mariano
 In memory of Nicholas Fleming
 David & Mary McComsey
 Gerald Welsh

\$51 to \$100

Beverly & Jeffrey Bull
 S.W. Calkins
 Don & Margie Green
 Paul & Patricia Kearney
 In memory of Nicholas Fleming

\$51 to \$100 (contd.)

John & Mary Rogalski
 In memory of Nicholas Fleming

\$101 to \$500

Margaret Illenberger
 Penn Foundation

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.

Special Membership Meeting Agenda - Board Member Election April 19, 2012



We are pleased to have two NAMI Bucks Board Members up for re-election for an

additional three-year term: Jennifer Refford and Elenor Thomas and one member to be newly elected to the Board, Raighne Kirk. At the beginning of our meeting, we will have an election for these candidates. A

majority vote of the General Membership present and whose dues are current, is required for approval. Please note, our speaker will immediately follow the election.



The Fifth Annual Greater Philadelphia NAMIWalks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 5, 2012, at Montgomery County Community College in Blue Bell. 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.

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 participating in some way, either by joining a team, forming your own team 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.namibuckspa.org> click on NAMI Walks in the table of contents.

We raised more than \$14,000 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.

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

The Pond *By Cheryl Brenner*

In the middle of a park beautiful,
Quiet, serene, grass to sit on, dirt too
get a little messy.
Butterflies, birds, frogs and most of all
small fish.
So the kids, Mark, Brandy and
Cassandra come to the pond with their
fishing poles.
The pond also has skipping stones and
wild flowers.
The kids are very happy.
Soon the day ends and another day
beginning.
That's what summer is all about.
I close my eyes to think of this quiet
serene place nice and peaceful.



Spring Caresses *By Dorothy McClellan* 5/20/06

Spring is a poem, Spring is a song
The earth is happy all day long
Flowers bloom in gardens dear,
Vibrant perfume fills the air
Cardinals sit upon a bough
I see a farmer behind his plough
Night winds are cool
Days are warm
I see bees come in a swarm
Trees and grass turn green again
All over the hills and down in the glen
Skies are blue above the clouds
Silver rain falls on the crowds
Creeks and brooks fill to the brim
Watch the fish just swim and swim
Melancholy fills the air
There is romance everywhere
Spring comes to caress the earth
God loves us so much he gives us
rebirth



NAMI CONNECTION SUPPORT GROUP IS TEMPORARILY DISCONTINUED UNTIL FURTHER NOTICE.

NAMI Family Support Group New Location

The Family Support Group that met at 56 East Oakland Avenue, Doylestown, PA will now be meeting at Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA

18901 on the 2nd and 4th Monday at 7:00 PM. **Registration is required.** Call 215-262-3220 The Newtown Family Support Group continues to meet at Crossing Community Church

at 80 Silver Lake Rd., Newtown, PA on the 1st and 3rd Monday of the month at 7:30 PM. No registration is required for this group.

Budget Cuts Threaten Mental Health Services

The Governor continues to hold firm in his campaign pledge to not increase taxes. As a result of a depressed economy and lower than projected tax revenue for the current fiscal year, Departments were again asked to make cuts and state spending was reduced to \$20 million below last year's spending. DPW Secretary Gary Alexander indicated they were forced to make cuts in order to preserve "core" benefits for the needy. He indicated that there are 5.8 million working people in PA and 2.7 million are receiving a public subsidy.

One of the more controversial aspects of the budget is a proposal to reduce funding for the below listed programs by 20% and then roll those items into the Human Services Development Fund (HSDF) Block Grant program for discretionary use by counties.

Proposed Block Grant Appropriations	Enacted	80% To HSDF	20% Reduction
Mental Health Services - Community Programs	\$550,469	\$440,376	\$110,093
Intellectual Disabilities - Community Base Program	\$144,974	\$115,979	\$ 28,995
County Child Welfare Special Grants	\$ 48,533	\$ 38,826	\$ 9,707
Behavioral Health Services	\$ 47,908	\$ 38,326	\$ 9,582
Homeless Assistance Program	\$ 20,551	\$ 16,441	\$ 4,110
Human Services Development Fund (HSDF)	\$ 14,956	\$ 11,965	\$ 2,991
Human Services Development Fund (HSDF)	\$ 14,727	\$ 11,782	\$ 2,945
Total	\$842,118	\$673,695	\$168,4

Total State budget is \$63.3 billion; DPW's budget is \$27.1 billion; Medical Assistance is 18.7%; Mental Health is 1.5% of DPW's budget

State Representative Gene DiGirolamo 18th District, Pennsylvania House of Representatives

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717.705.2094

GeneDiGirolamo.com
Facebook.com/GeneDiGirolamo

FOR IMMEDIATE RELEASE: April 3, 2012

DiGirolamo Opposes Drastic Cuts, Changes to Human Services Funding

Lawmaker asks DPW secretary about impact of cuts to those most vulnerable

HARRISBURG – During the House Appropriations Committee’s budget hearing today with the Department of Public Welfare (DPW), Rep. Gene DiGirolamo (R-Bucks), Republican chairman of the House Human Services Committee, strongly opposed the administration’s deep cuts to human services and the block grant proposal in the governor’s 2012-13 budget outline.

“Mr. Secretary, I am deeply concerned about both the Human Services Development Block Grant proposal and the steep reductions in funding for services. These 20 percent cuts are unsustainable and will result in dramatic increases in social welfare needs that cannot be borne given the current economy,” DiGirolamo told Public Welfare Secretary Gary Alexander. “I have spoken with the actual providers of these services who have told me how devastating they will be on the most vulnerable in our society.

“This is an attack on and a complete reversal of the promises made to protect the most vulnerable Pennsylvanians by many administrations during the last half century,” DiGirolamo continued. “On our watch, we will observe the destruction of essential support for people who have nowhere else to turn.”

The budget proposal would combine six human service line items – mental health services, intellectual disabilities, behavioral health services (drug and alcohol and mental health), Act 152/drug and alcohol treatment services, county child welfare grants and homeless assistance programs – into one area eligible for block grant funding. In addition to this change – which will be accompanied by a raft of new and additional rules – the governor has opted to slash funding by 20 percent compared to the current year’s allocation.

DiGirolamo said the block grant method will not produce the types of savings and efficiencies the administration is seeking.

If these budget cuts are realized, DiGirolamo said, an estimated 4,000 to 10,000 people won’t be able to receive drug and alcohol treatment. The County Commissioners Association of Pennsylvania also is on record opposing the reduction in funding.

If the state cuts come to fruition, DiGirolamo also is concerned about the federal matching funding that is at stake through federal Medicaid and through federal Drug and Alcohol Block Grant dollars. In addition, the proposal violates the federal Parity Act.

DiGirolamo pointed out to Alexander and the committee that the secretary of Corrections said the day before that alternative services must be used to help reduce prison overcrowding issues. Services for mental health and drug and alcohol treatment are part of the overall equation of alternative services.

“These proposed cuts will hurt people and endanger public safety,” DiGirolamo said. “If this proposal were to be enacted, the 4,000 to 10,000 people in need of drug and alcohol treatment – where will they go? The 28,000-plus people in need of mental health treatment – where will they go? And what about the intellectually disabled and our citizens needing homeless assistance – where will they go?”

To view DiGirolamo’s remarks during the budget hearing, click on this link:
<http://www.youtube.com/watch?v=bt8xLwHwFc4&feature=youtu.be>

SAMPLE LETTER TO SEND TO YOUR REPRESENTATIVE

The Honorable....

...
...

Dear *Legislator*,

I am writing to you on behalf of NAMI PA, Bucks County, an affiliate of the National Alliance on Mental Illness with more than 200 member families. We are very concerned about the negative consequences that will result if Governor Corbett's proposed 2012/13 General Fund budget is enacted.

In the Governor's proposed budget, funding for Mental Health Services will be reduced by 20%, which would undermine the services needed by Pennsylvania's most vulnerable citizens. This would likely result in increased costs for mental hospital care and/or incarceration as a result of failure to provide effective community services for individuals with severe mental illness. As documented in the enclosed NAMI Fact Sheet (Mental Illnesses: Treatment Saves Money & Make Sense), treatment of mental illness not only is effective in contributing to recovery, but also often results in significant cost savings.

Governor Corbett's proposed budget also calls for incorporating Community Mental Health funding in block grants. We agree with the March 2, 2012 position statement of the County Commissioners Association of Pennsylvania which calls for pilot-testing the block grant approach, exclusion of CHIPP and SIPP funds from the block grants, and also "calls for level funding in implementation of block grants and considers concurrent funding cuts as being unworkable". We also agree with their statement that "the state-funded mental health base has been subject to repeated cuts and freezes over the last 10 years, and will not sustain another reduction without significant service reductions, likely resulting in increased costs for corrections in hospitals and impacting the overall safety of our communities."

Many individuals with severe mental illness have benefited from state-funded community services and have become contributing members of our society. However, too many have struggled to gain access to needed community services and have deteriorated in harmful and costly ways while unable to gain access to the services they need. In conclusion, we urge you to take action to restore funding for Mental Health Services in the upcoming budget to the current level.

Sincerely,

FACT SHEET

Mental Illnesses: Treatment Saves Money & Makes Sense

March 2007

Mental illnesses are common and lack of healthcare causes disability and premature death for adults and children with serious mental illnesses.

- An estimated 1 in 4 adults have a diagnosable mental disorder in a given year; 5-7 percent have a serious mental illness, such as schizophrenia, major depression or bipolar disorder, and about 5-9 percent of children have a serious mental disorder.
- Mental disorders are the leading cause of disability in the US for ages 15-44. Suicide is the eleventh leading cause of death in the US, but is the third leading cause of death for people 10 to 24 years old. More than 90 percent of people who die by suicide have a history of mental illness.
- Adults with serious mental illness die 25 years younger than other Americans. A man with serious mental illness is likely to die by age 53, compared with the average life expectancy of 78 years.
- People with mental illness are five times more likely to have a co-occurring medical condition than the general population.

Untreated mental illnesses increase costs on the public and private sectors.

- Less than one-third of adults with a diagnosable mental disorder, and an even smaller proportion of children, receive any mental health services in a given year. Racial and ethnic minorities have even less access to mental health services and often receive a poorer quality of care.
- People with mental illness report a delay of nearly a decade from the onset of symptoms until the first contact with the treatment system, and that delay increases the likelihood of disability and negative social outcomes. Untreated mental illnesses also lead to greater frequency of symptoms and episodes.
- Approximately 50 percent of students with a mental disorder age 14 and older drop out of high school; this is the highest dropout rate of any disability group.
- Twenty-four percent of state prison and 21 percent of local jail inmates have a recent history of a mental health disorder. An alarming 65 percent of boys and 75 percent of girls in juvenile detention have at least one mental disorder.
- Between 2000 and 2003, emergency department (ED) visits with a primary diagnosis of mental illness increased at four times the rate of other ED visits.

- The annual economic, indirect cost of mental illnesses is estimated to be \$79 billion. Most of that amount—approximately \$63 billion—reflects the loss of productivity as a result of illnesses.

Investments in effective treatments and services for mental illnesses save lives and money.

- Treatment outcomes for people with even the most serious mental illnesses are comparable to outcomes for well-established general medical or surgical treatments for other chronic diseases. The early treatment success rates for mental illnesses are 60-80 percent, well above the approximately 40 to 60 percent success rates for common surgical treatments for heart disease.
- Research demonstrates that mental health is key to overall physical health and that early detection and treatment can result in a substantially shorter and less disabling course of illness.
- The right treatments make a difference:

Assertive Community Treatment (ACT) reduces costly hospitalizations and is no more expensive than traditional care. Just one year after its implementation, the number of inpatient hospital days decreased by 63 percent and the total number of jail days decreased by 70 percent for ACT team clients in Oklahoma. In Georgia, ACT generated a savings of \$1.114 million dollars to the criminal justice, psychiatric hospital and shelter systems in just one year.

Illness management programs reduce symptom relapses and hospitalizations.

Crisis residential programs are about half the cost of hospitalization for adults in need of acute care, but provide similar results.

Comprehensive psychiatric rehabilitation models produce better results for consumers while showing an average reduction of more than 50 percent in costs of care due to reduced hospitalizations.

Supportive housing for homeless people with serious mental illnesses relieves the burden on publicly funded systems, resulting in a marked reduction in shelter use, hospitalizations (regardless of type), and involvement with the criminal justice system. These reductions offset virtually all (95 percent) of the costs of supportive housing, including operating, service, and debt service costs.

For children, multi-systemic therapy (MST) reduces out-of-home placements, contact with the juvenile justice system, and substance abuse. Research shows it may be more cost effective than traditional services provided to at-risk youth.



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 (NO MEETINGS IN JULY, AUGUST, NOVEMBER OR

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



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. Classes begin in March. Exact dates, times and

locations to be determined. Prior registration is required. Call 1-866-399-NAMI(6264)

Eighth Annual Bucks County Youth & Family Resiliency



Jackie Moritz discussing her experience as a sibling.

Bucks County held their eighth Annual Youth & Family Resiliency Conference on Wednesday, March 21, 2012 at the Spring Mill Manor, Ivyland, PA The conference's theme was "Resiliency in Motion". This year there was no keynote speaker but rather four separate workshops presented by people local to Bucks County and was the largest conference to date.

Families, youth and professionals enjoyed presentations such as "A Day in the Life of a Family", a Youth presentation, as well as a Siblings presentation and ended with "Stress Reduction on a Shoe String". The conference also featured the largest resource expo to date as well as an exhibit of art from local youth. 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 (6264). The conference was Sponsored by Bucks County Child Serving Systems, Youth and Families.



Young Adults who took part in a Leadership training featured at the Resiliency Conference.



Youth Presentation

Coming Events / Dates to Remember:

<p>April 9 & 23, May 14 & 28 June 11 & 25, 2012 7:00 – 8:30 P.M. 2nd & 4th Monday Doylestown, PA</p>	<p>NAMI FAMILY SUPPORT GROUP <u>NEW LOCATION</u> Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901 Registration is required. 215-262-3220</p>
<p>April 2 & 16 May 7 & 21 June 4 & 18, 2012 1st & 3rd Monday 7:30-9:00 P.M. Newtown, PA</p>	<p>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).</p>
<p>April 19, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p>	<p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Proposed PA Budget Cuts Dawn Seader and Marybeth Mahoney</p>
<p>April 26, May 24 & June 28, 2012 7:00 PM Warminster, PA</p>	<p>NAMI-CAN (Children’s and Adolescents Network) Voice & Vision Office Conf. Rm., 600 Louis Drive, Suite 106, Warminster, PA Meets every 4th Thursday of the month Call 1-866-399-NAMI (6264) for information.</p>
<p>Spring 2012</p>	<p>NAMI Basics Education Program For more information call 1-866-399-NAMI(6264)</p>
<p>June 21, 2012 7:30 PM Abington Health Center, Warminster Campus (Formerly Warminster Hospital)</p>	<p>NAMI Bucks Forum Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital) Main Conference Room (Ground Floor) 225 Newtown Rd., Warminster, PA 18974 Speaker – To Be Determined</p>
<p>May 5, 2012 Check-in begins 8:00 A.M. Walk begins 10:00 A.M.</p>	<p>NAMI WALKS Montgomery County Community College 340 DeKalb Pike, Blue Bell, PA 19422</p>





PA, Bucks County

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 info@namibuckspa.org 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.