

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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Special Needs Planning

Thursday, April 18, 2013 at 7:30 P.M.

Terry Lee Farber, Esq.,

Please join us for our April 18, 2013 forum. Our speaker will be Terry Lee Farber, Esq., who will discuss protection of assets for disabled children (adults and minors), including:

- Protecting assets in a Third Party Special Needs Trust.
- Protecting assets in a Self-Settled Special Needs Trust.
- Use of Special Needs Trust for child receiving SSI vs. child receiving SSDI.
- Protection of assets when a parent needs nursing home care.

There will be time for questions and answers.

**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 April 18, 2013

We are pleased to have two NAMI Bucks members seeking election to the NAMI Bucks County Board. 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.

NAMI of PA,
Bucks County Chapter

Administrator
Debbie Moritz

Board of Directors:

President
Kathleen Campbell
Vice President
Tom Tantillo
Secretary
Charles Bechtel
Treasurer
Fred Korn

David Abel, M.D.
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Raihne Kirk
Jennifer Refford

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

**NAMI Bucks County
Newsletter**

Letters, News Articles, and
Announcements are welcome.
Deadline for articles for our
Summer, 2013 issue is
May 10, 2013
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.info@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.

Visit us on Facebook

NAMI Bucks now has a Facebook page. Please visit us, join in the conversation and stay up to date on the latest news. **NAMI of PA, Bucks County Chapter**

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, 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 2013 NAMI Walks Committee, or work a few hours in the office. 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

Ronald Cole
 Khyla Martinez
 Gloria & Robert Brosious
 In memory of Ruth Ann Volbrig
 Roberta Fox Little
 In memory of Ruth Ann Volbrig
 Jane & John Frashilla
 In memory of Ruth Ann Volbrig

\$1 to \$25 Cont'd

Troy Rosenthal
 Nancy Skiffington
 In memory of Ruth Ann Volbrig
 Susan & Peter Wirchnianski
 In memory of Ruth Ann Volbrig

\$26 to \$50

Lindsay Frashilla
 In memory of Ruth Ann Volbrig
 Rich & Carol Jensen Garcia
 David & Mary McComsey

\$51 to \$100

Mary Myers

\$101 to \$500

Marge Illenberger

All the NAMI Bucks County Volunteers

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



NAMI Connection Recovery Support Group is BACK!!!

and is open to all adults with mental illness, regardless of diagnosis. The NAMI Connection group offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- Meets bi-weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

PLEASE NOTE SCHEDULE CHANGES: Connection group meets the first and third Tuesday at 6:30 pm at the Voice and Vision Office, 600 Louis Drive, Suite 106, Warminster, PA 18974. For more information, please call 1-866-NAMI(6264).

New Family to Family Support Group

A new Family to Family support group began in January, 2013 at the Doylestown Mennonite Church at 590 N. Broad Street, Doylestown, PA 18901 at 7:00 PM. This group will

meet on the 2nd and 4th Thursday of the month. Our Newtown NAMI Family Support Group continues to meet on the first and third Monday at The Crossing Community Church at

80 Silver Lake Rd., Newtown, PA at 7:30 – 8:30 PM. **Registration is NOT required for either group.**

The Sixth Annual Greater Philadelphia NAMI Walks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 18, 2013 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 North and Northwest Philadelphia, NAMI 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.

3 Tips for Protecting Assets for Your Disabled Child

Understandably, many people are busy with day-to-day life and may find it difficult to engage in financial planning for the future of their disabled child. However, proper planning for children who receive means-tested government benefits is vitally important. Means-tested benefits include Supplemental Security Income (SSI) and Medical Assistance. Children receiving means-tested benefits will lose these benefits if they own assets in excess of a minimal amount. As such, if he or she comes into even a minor windfall (e.g., a gift or inheritance) which increases his or her resources above the minimal amount, the means-tested benefit may be lost.

With the above in mind, I offer the following 3 tips to help you protect assets for your disabled child (minor or adult):

Tip No. 1: Protect Your Assets for the Benefit of Your Child in Third Party Special Needs Trust

Consider establishing a Third Party Special Needs Trust (SNT). A trust is simply an instrument which "holds" assets (bank accounts, a home,

investments, etc.) which are managed by a Trustee for the benefit of someone other than the trustee. In a Third Party Trust, you appoint the Trustee who then manages funds for the benefit of your child. A parent frequently serves as the initial Trustee; a contingent Trustee should be appointed to serve when you are no longer able to do so.

You may establish a Third Party Special Needs Trust during your life or create this type of trust under the terms of your Will.

Tip No. 2: Protect Assets Payable to Your Child in a Self-settled Special Needs Trust

Consider establishing a Self-settled Special Needs Trust if your child will receive funds due to a lawsuit, an inheritance, divorce or support action. Like the Third Party Special Needs Trust, the Self-settled Trust prevents the loss of means-tested benefits by "holding" assets for the benefit of your child.

Tip No. 3: Protect Assets From the Cost of Long-term Care

Depending on your full circumstances, if you or your spouse will need indefinite long-term care you may wish to gift assets to your disabled child.

By way of background, should you need long-term care you will want to qualify for Medicaid benefits to cover the cost of care. Ordinarily, a gift to anyone, other than the spouse, within five years of an application for Medicaid benefits will result in a penalty during which Medicaid benefits will not be paid. However, a transfer to a disabled child is exempt from application of this penalty. Please note that numerous legal and practical considerations must be taken into account to determine if a transfer to a disabled child is advisable in this circumstance.

***Disclaimer** The information provided is offered only as a general informational guide and does not create an attorney-client relationship. Due to unique individual circumstances and changing laws/regulations, it is recommended that you consult with an attorney before engaging in estate, long-term care or Medicaid planning.*

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

SPRING BEACONS

By Dorothy McClellan

Robin red breast finds a crest
Sings a song and builds a nest

He air is fresh, the sun is warm
Ominous clouds a springtime storm

With
Lightning flashing
Thunder crashing
Water splashing

The grass is green, the trees are blooming
The earth is smiling with the grooming

God is sending a new beginning
The beauty of the earth is winking

The elegant lovely hills
Embrace my heart with tingling thrills

There are azaleas in the mountains
Violets by the fountains

Springtime gives the world a blush
The beautiful singing of a thrush

Springtime speaks in colored splendor
To nature glory I surrender

Springtime honors us with blessing
Sent to us with flower dressing.

BIRDS

By Cheryl Brenner

Yellow – Red – Parrots Blue,
and lastly the wild birds.

They sing their sweet
melodies.

The yellow – red and parrots
are tame enough to put into
a cage and pretty quiet
except the parrot, grow up to
become quite loud.

But all and all they are Gods
creatures and we all love
them.



Psychiatric Geneticists Find Common Pathway Contributes to Multiple Disorders

In a study published in the *Lancet*, the Cross-Disorder Group of the Psychiatric Genomics Consortium, supported by the National Institute of Mental Health, has performed a genomewide single-nucleotide-polymorphism (SNP) data analysis seeking to identify specific variants underlying genetic effects shared between the following five disorders: autism spectrum disorder, attention-deficit/hyperactivity disorder, bipolar disorder, major depressive disorder, and schizophrenia.

Their study is the largest to date and the first to provide evidence that specific SNPs are significantly associated with a range of psychiatric disorders. In particular, they pointed to the effects of voltage-gated calcium channels on such disorders:



"Our results implicate a specific biological pathway—voltage-gated calcium-channel signaling—as a contributor to the pathogenesis of several psychiatric disorders and support the potential of this pathway

as a therapeutic target for psychiatric disease."

"These important findings indicate that fundamental alterations in brain development and biology can confer vulnerability to various types of mental disorders....," Jeffrey Lieberman, M.D., president-elect of APA told *Psychiatric News*. "Overall, the study provides an important new clue about the etiology and pathogenesis of mental disorders."

APA President Dilip Jeste, M.D., also commented: "Research of this type would help in the development of future diagnostic systems in psychiatry that are based on validated biomarkers...this important study is one step in that direction."

Stigma-smh

One of the beauties of social media is you get to stay in touch with people who you know in real life but haven't seen in some time. Yesterday was one of those days, as Debbie Moritz and I discussed briefly, through social media her NAMI presentation on stigma. It's a topic I've spent plenty of time thinking about over the years having seen it first-hand and in the lives of many of the people I know. I think of stigma, in the same terms as I do with prejudice. They seem to be interchangeable ugly cousins. Both traumatize lives at the very least. The Mental Health community expends a lot of energy attempting to educate the general-public about illness, recovery, and stigma. Just the

same, as our educational institutions do with prejudice. I wonder sometimes if the educating about stigma effort is making progress and if there is something else, yet to be ventured needing to be done. As a reporter, I more often see the ugly side of stories about the human condition. One such example happened recently and without going into the lurid details, a person, who reportedly had lived with illness, took his own life. What followed were ugly comments about his mental health status from the public on the reporting my partner and I did. This is not the first nor the last time, unfortunately, will this happen. The public comments followed the familiar track eventually

leading to the general conclusion people with MH issues need locking up...permanently. (smh) Personally, I am sick of this narrative. Aren't you? The only thing I can think of, to offer in response, is to tell the story of those in community living with illness successfully, productively, and lovingly. It's the only answer I've come up with to undo stigma. Otherwise, I'm left on social media...Shaking My Head (smh) at Stigma. Jeff Bohan is co-owner and community editor for the hyper-local news site www.LevittowNow.com. Contact him at Jeff@LevittowNow.com



Kids Corner

MY LIFE TOO – Guest Speaker Juvenile Probation,

The NAMI CAN support group has been discontinued. In its place NAMI is partnering with Magellan, and Child and Family Focus to offer a parent support group for parents or caregivers of youth involved in the My Life Program and any parent or caregiver needing support. MY LIFE TOO is a group providing support, education and resources for parents, caregivers and other adult

supporters of all youth and those who have experience with mental health, developmental disabilities, substance abuse, foster care or juvenile justice issues. Meetings will be scheduled concurrently with the MyLife BUCKS meetings.

Bucks County Juvenile Probation Dept. will discuss youth involvement in the juvenile justice system and the role of parents, he will also address general questions.

For more information, please call 1-866-399-NAMI(6264), or email info@namibuckspa.org

MY Life Too will feature a guest speaker for our April 11, 2013 meeting. Bill Rufe, Deputy Chief

Bucks County Life Trainings

The Bucks County Life program will be offering the following workshops free of charge to families of children and adolescents in Bucks County. All programs will be held at the Life office at 882 Jacksonville Rd. Suite 203, Ivyland, PA 18974

Busting the Stigma:

Learning how to educate others about a mental health diagnosis.

Speaker: Debbie Moritz, C.P.S.P. (Certified Parent Support Partner), from NAMI.
When: Wednesday, April 10, 2013
9:30am-11:30am

Youth Community Service Night: Celebrate Global Youth Service Day with the Bucks County LIFE Program This event is for youth between the ages of 6-17 to socialize in a natural and relaxed setting while creating cards for children in the hospital.

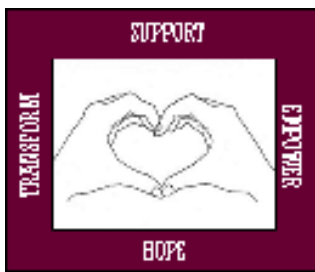
When: Monday, April 22, 2013
6:00pm-7:30pm

Working Together to Keep Teens Safe: Dating Violence (TDV) Awareness and Prevention

Join our community effort to create a safer, happier and healthier future for our teens.

Speaker: Liesbeth Bisschop, A Woman's Place in Doylestown, PA
When: Wednesday, April 24, 2013
9:30am-11:30am.

Youth Connections Writing Group



Youth Connections, the youth-driven component of Family and Youth Outreach at Voice & Vision, is pleased to announce the meeting dates of their Youth Connections Writing Group. Youth Connections creates and identifies ways for youth ages 16 – 25 to share their opinions, experiences and recommendations in order to transform lives, services and

systems throughout the community. The Youth Connections Writing Group, for writers meets on the last Tuesday of each month. Our next meeting is April 30th from 5 to 7 at the Voice and Vision offices located at 600 Louis Drive, Suite 106, Warminster PA 18974. Please RSVP to emily@voiceandvisioninc.org or call 1-800-734-5665.

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2013 GREATER PHILADELPHIA NAMIWalk

Participating Affiliates:

NAMI North Philadelphia, NAMI Northwest Philadelphia, NAMI Montgomery County, NAMI Bucks County, NAMI Main Line

Saturday, May 18th, 2013

**Location: Montgomery County Community College
340 Dekalb Pike Blue Bell, PA 19422**

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

NAMI WELCOMES EVERYONE TO WALK WITH US! NO REGISTRATION FEE

Honorary Co-Chairs

Montgomery County Commissioners Josh Shapiro and Leslie S. Richards
Senator Robert P. Casey, Jr. & Senator Pat Toomey

NAMIWalks is a nationwide fundraising and mental illness awareness program being held in more than 84 communities around the country, including right here in Greater Philadelphia. Donations collected by Walkers will be used to fund NAMI's programs in the Greater Philadelphia area. These programs include support, education, advocacy and research for illnesses such as schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, anxiety disorders, post traumatic stress disorder and ADHD. All contributions are 100% tax deductible. NAMIWalks is a rain or shine event with activities for "Walk-in-Place" Walkers.

**FOR MORE INFORMATION ABOUT THIS WALK PLEASE CONTACT OUR WALK MANAGER
Scott Graham at sg3211@comcast.net or 215-353-0573**

**FOR INFORMATION ON SPONSORING THIS WALK PLEASE CONTACT
Carol Caruso at ccaruso@nami.org 215-361-7784 or 610-476-4485**



Salisbury House

CATCH

Rubin and Badame

Nueronetics



**College Plus
Open House**

April 19, 2013 , 12-3
600 Louis Drive; Suite 102 A
**Bucks County Behavioral
Health—Warminster, PA**

Spring

The College Plus Peer Support Initiative is for individuals with mental illness or co-occurring disorders. It's purpose is to help them pursue their dreams of higher education or career development. If you or someone you care about is thinking of going back to college or technical training OR is looking to go for the 1st time; we're here to lift them up!

Snacks will be provided.

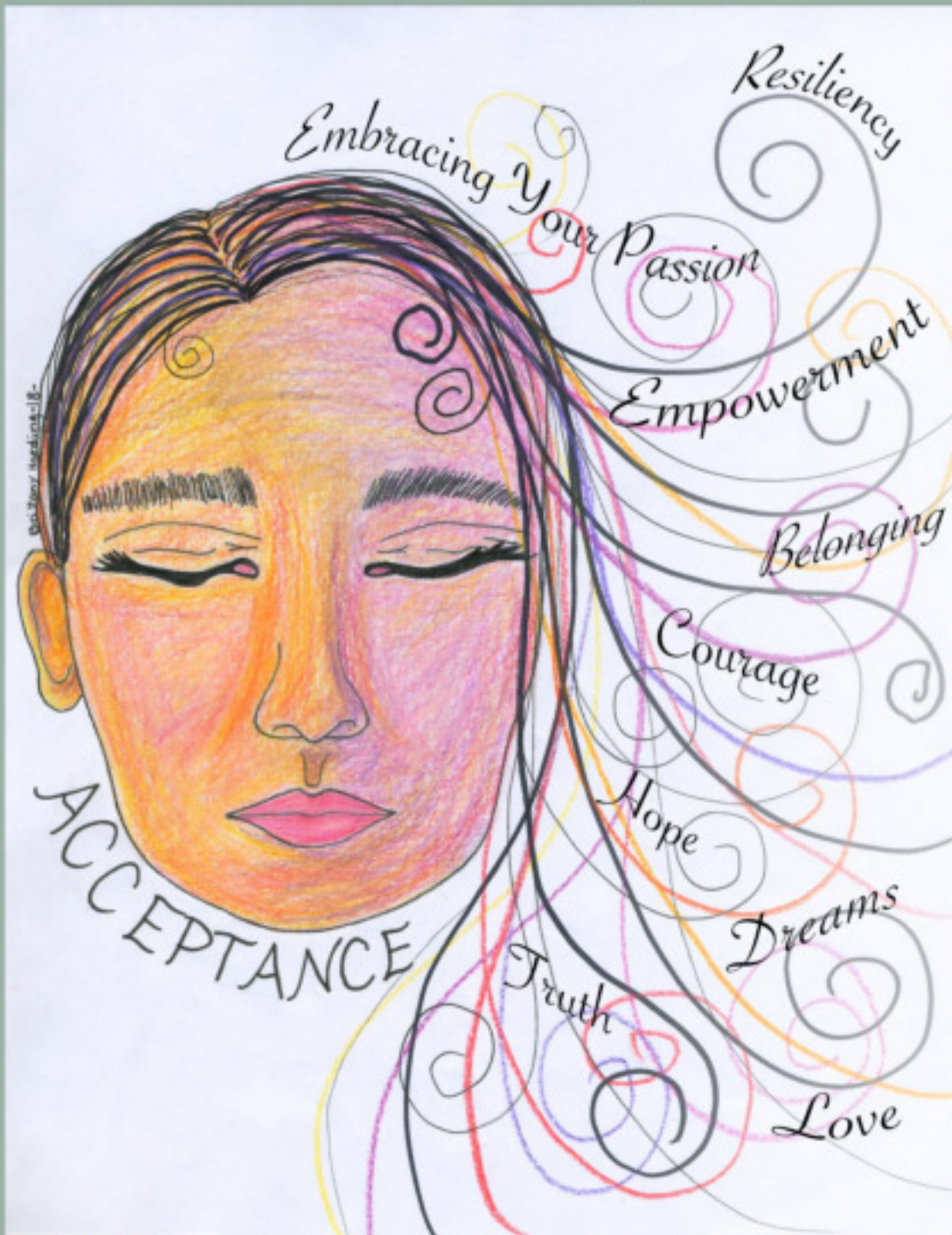
Please **RSVP by 4/5/2013** so the food can be planned for.

Caren or Roberta 215-442-1599 or
CollegePlus@VoiceandVisionInc.org

Sponsored by
Voice and Vision, Inc.

1st Annual Celebrating The Arts in the World of Mental Health
at Brooke Glen Behavioral Hospital
7170 Lafayette Ave. Fort Washington, PA 19034

May
16th
2013
7 PM
to
9 PM



Celebrate
Resiliency
during
National
Mental
Health
Awareness
Month
with
New Hope
Academy
and
NAMI of
Montgomery
& Bucks
Counties

Artwork submission accepted April 22 - 26, 2013.
Artwork must be matted and ready to hang with
appropriate hardware.
Label all contact info. on each piece of artwork.
Open to the public free of charge / Refreshments /
Valet parking / Smoke-free campus

www.brookeglenhospital.com

For more information contact Laura Longstreet at
laura.longstreet@uhsinc.com 215-641-5311
Public ballots select winners for cash prizes
Categories:

- *Children (1-12yrs)
- *Transition Age Youth (13-18yrs)
- *Adults (19yrs & up)

Winners will be contacted May 24, 2013

Bucks County contact: Joyce Harding
jbhardinginc@gmail.com / 215.514.5037

Coming Events / Dates to Remember:

<p>April 11 & 25, May 16 & 30 June 13 & 27, 2013 2nd & 4th Thursday 7:00 – 8:30 Doylestown, PA</p>	<p>NAMI FAMILY SUPPORT GROUP Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901 Registration is required. 215-262-3220</p>
<p>April 1 & 15, May 6 & 20 June 3 & 17, 2013 1st & 3rd Monday 7:30 - 9:00 pm Newtown, PA</p>	<p>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).</p>
<p>April 11, May 9, June 13, July 11, August 15, September 12, October 10, November 14 & December 12, 2013 5:30 pm TBD</p>	<p>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment & My Life Too – Parent Support Group New Location To Be Determined For more information, please call Stephanie Lucas at 215-504-3900 Ext. 63854 or slucas@magellanhealth.com www.facebook.com/MYLIFEyouth</p>
<p>April 2 & 16, May 7 & 21 June 4 & 18, 2013 Voice & Vision Warminster, PA 18974</p>	<p>NAMI Connection Recovery Support Group Support group for adults with mental illness, regardless of diagnosis. Voice and Vision Office at 600 Louis Drive, Suite 106, Warminster, PA 18974. 1-866-NAMI(6264).</p>
<p>April 18, 2013 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 Topic: Terry Lee Farber, Esq., who will discuss protection of assets for disabled children (adults and minors).</p>
<p>May 16, 2013 7:00 – 9:00 P.M. Brook Glen Behavioral Health Hospital</p>	<p>Celebrating the Arts in the World of Mental Health at Brook Glen Behavioral Health Hospital 7170 Lafayette Avenue, Fort Washington, PA 19034</p>
<p>June 19, 2013 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 Topic: TBD</p>
<p>April 11 & 25, May 16 & 30 June 13 & 27, 2013 2nd & 4th Thursday 7:00 – 8:30 Doylestown, PA</p>	<p>NAMI FAMILY SUPPORT GROUP Doylestown Mennonite Church 590 N. Broad St. Doylestown, PA 18901 Registration is required. 215-262-3220</p>





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

We're on the Web

www.info@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.