

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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“Ask a Cop”, Questions and Answers with a Bucks County Police Officer and an Overview of CIT

Thursday, April 17, 2014 at 7:30 P.M.

Corporal Stephen Kingsdorf Northampton Twp. Police Dept. and Sergeant Andrew Aninsman Bucks CIT Co-chair Bensalem Township Police Department

Please join us for our April 17, 2014 Forum. Corporal Stephen Kingsdorf Northampton Twp. Police Dept. and Sergeant Andrew Aninsman Bucks CIT Co-chair, Bensalem Township Police Department will lead an “Ask the Cop” discussion on law enforcement and their interaction with people in a mental health crisis. They will also discuss the Bucks County CIT program and how you can effectively communicate with the police, first responders etc. in a crisis.

**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 17, 2014

We are pleased to have two NAMI Bucks members, Michael Rooney and James Skoutelas seeking election to the NAMI Bucks County Board and one current board member, David Abel, M.D. seeking re-election. 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.

Executive Director
Debbie Moritz

Board of Directors:

President

Kathleen Campbell

Vice President

Thomas Tantillo

Secretary

Charles Bechtel

Treasurer

Fred Korn

David Abel, M.D.

Shelly Aidenbaum

Dennie Baker

Jennifer Calhoun

Raighne Kirk

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 2014 issue is

May 13, 2014

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 ACCEPT 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 and mentor Peer-to-Peer. You must have taken the Family-to-Family or Peer-to-Peer Education Classes to qualify. We are also 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
 Donna & Warren Dallas
 Johnson & Johnson
 for Pamela Cebulski
 Carol Walsh
 Derek & Marcie White
 Mathew Zbik

\$26 to \$50

Anonymous
 Allan & Susan Dsurney
 Patricia Kearney
 David McComsey
 Jim & Maria Skoutelas
 Gerald Welsh

\$101 to \$500

America's Charities
 for Margaret Illenberger
 Dublin Towne Diner
 Johnson & Johnson
 for David McComsey)
 John Kelly
 Robert Lanning
 Mary Myers
 Education Association
 at Newtown Middle School
 Tracy Thomas

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 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

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

Family to Family Support Group

Our Family support groups continue to run twice a month. Our Central Bucks groups meets 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 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.**



MY LIFE TOO

The NAMI CAN support group has been discontinued. In its place NAMI is partnering with Magellan 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. The meetings are currently held at Warrington Fellowship Church at 2233 Bristol Rd. Warrington, PA 18976 monthly For more information, please call 1-866-399-NAMI(6264), or email info@namibucks.org



NAMI Basics teaches *the fundamentals of caring for you, your family and your child with mental illness*

NAMI Basics is the new signature education program for parents and other **primary** caregivers of children and adolescents living with mental illnesses.

The NAMI Basics Education Program includes the following components: Six 2.5 hour classes of instructional material, discussions and interactive exercises which may be delivered as a series of consecutive weekly classes, or on consecutive Saturdays to accommodate the time constraints

faced by families of children and adolescents.

Classes forming now for the Summer 2014 and will be held on three consecutive Saturdays in Hatboro. Prior registration is required. Call 1-866-399-NAMI(6264).



The Seventh Annual Greater Philadelphia NAMIWalks Changing Minds...One Step at a Time!, a fundraising and awareness-raising event, is scheduled for Saturday, May 3, 2014 at Montgomery County Community College in Blue Bell. Last year's walk raised \$98,000.00 for programs, advocacy, and social outreach to be used in our communities. Last year Bucks County raised over \$14,000.00 for Bucks Counties programs. We also had 34 sponsors that supported the walk with generous donations of time and money. The

walk gathered over 1000 walkers in support of NAMI.

The NAMI Walk Webpage is now ready to register teams, it is a good time to start thinking about forming your own team or joining our Bucks for Brains Team or signing up to walk as an individual walker.

<https://securewalks.nami.org/register/LoginRegister.aspx?eventid=132663&langpref=en-CA&Referrer=http%3a%2f%2fwww.namiwalks.org%2f>

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-Philadelphia, Mainline and NAMI PA-Montgomery County.

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).

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

How To Make Life Beautiful *By Cheryl Brenner*

Wake up happy because God let you wake up today happy. Go outside say to someone hi, how are you as they walk by. Also have a nice day, tell them your handsome or they are beautiful. When you see everything you do makes someone happy, you know God has made this world a great one to live in, and how to make life Beautiful.

Boats & Ships *By Cheryl Brenner*

Fishing boats, river boats, house boats, cruise ships, a nice trip to take with your honey. Tall ships, schooner ships, speed boats, police boats, rescue boats, sea planes, vessel boats, canoe, kayak, cargo ships, Greek ships, Roman ships, Norse ships (from Norway), sailing ships, from the middle ages, English ships, the clippers, steamships, luxury liners, Naval ships, battle ships. Some of these boats and ships are from memory, some are from the dictionary. Maybe you will enjoy reading about these various ships and boats.



Installation of New Roof Complete for NAMI Family

In our last newsletter, we thanked you all for voting for the Plewes family to receive a new roof through a program called No Roof Left Behind.

On March 22, 2014 that new roof was installed!!! Thank you again to our wonderful NAMI families for your support. The No Roof Left Behind program provides a local contractor the framework to provide a new roof at no cost to a deserving homeowner in need.

Many deserving families were nominated including a NAMI family, the Plewes. Four finalists were chosen and then the public had to choose the winners. Many people voted but the Plewes family did not win. The Kearns family received the most votes.



these families be getting a new roof but another company Gutter Guys have offered to also give these families all new gutters. Please remember Eiseman Roofing, Billingham Built, Opdyke Lumber, Neighborhood Builders, S.A. Morris and Company. Ambiance Design, Stone + Glidden, BF Interior Design Studio, Lauro Wallcovering, Sovereign Construction

HOWEVER, Eiseman Roofing will be putting a new roof on not one, but three homes of deserving families. It is so heartwarming to know that there are such good people in the Bucks County community. Not only will

Services, Wehrungs Home Center, Thrivent Financial, K and M Home Enhancements, Odell Painting and Gutter Guys when looking for a contractor for any of your future construction needs.

Volunteer Spotlight



NAMI of Bucks County is thrilled to have so many wonderful volunteers to help us fulfill our mission. We would like to highlight our special volunteers regularly so that our members can see the dedication, passion and care that go into everything they do.

This month our spotlighted volunteer is Charles Bechtel. Charles has been a



NAMI Bucks County Board member since 2008. He has served on the NAMI Bucks County Executive Committee as Chapter Secretary since 2008. Charles has also been very active on the ACT Advisory Committee over the years and more recently as an active member of the CIT Task Force. NAMI, Bucks County thanks Charles Bechtel for his many years of volunteerism.

NAMI Bucks County continues to offer our “Ending the Silence” program to 9th grade health classes. To date we have presented this program to over 1500 students. NAMI National has adopted this program as one of our Signature Education Programs and will be going nationwide very soon. NAMI Bucks will continue to work to bring this program to all 9th grade students in the county. If you are interested in becoming involved or would like to have us present this program at your child’s school or community organization, please contact our office to schedule a presentation.

From NAMI National Website

NAMI Ending the Silence is an in-school presentation about mental health designed for high school students. Students can learn about mental illness directly from family members and individuals living with mental illness themselves.



Raighne Kirk presenting “Ending the Silence” at NAMI Bucks last forum.

What You Should Expect

Fifty-minute presentation is free of cost.

Designed for high school students and typically offered in a freshman/sophomore health, science or psychology class.

Led by a team of trained presenters including a young adult living in recovery from mental illness.

Includes presenter stories, educational slides, videos and discussion.

What Your Students Will Hear

A toolkit of practical information

Your students can learn the science and impact of mental illness on youth well as concrete ways to use this knowledge. Topics covered include:

- Signs and symptoms of mental illness.
- Statistics on how mental illness affects youth.
- Personal perspectives on the experience of living with mental illness.
- Recovery and coping strategies.
- Ways to seek help for themselves or for a friend.
- Ways to help reduce the stigma associated with mental illness.



Christopher Sandy presenting his story during the “Ending the Silence” presentation at NAMI Bucks last forum.

An empowered view of a misunderstood topic

The presentation’s message of empathy and hope encourages students to actively care for themselves and for their peers, whether by reaching out for help, encouraging a friend or family member to seek help or by reducing stigma. Contact with a positive role model, in the form of the young adult presenter, can powerfully change their views of a common but stigmatized life experience. The discussion portion gives students a rare opportunity to ask questions and learn personal truths about mental illness.

What Your Students Will Receive

Resources they can use if mental illness enters their lives, including:

Cards with contact information for mental health agencies and youth support services.

A list of symptoms/warning signs of mental illness.

Recommendations on how to help a friend who is experiencing mental health problems.

Ask a Cop: What Should I Say When I Call 911 for a Loved One?

*By Herb Cotner and Sherry Casumano
From NAMI National Website*

Q: If I have to call 911 because I'm concerned about a family member, what should I say to the operator? It's Important to Prepare

It is especially crucial to inform the 911 dispatcher since officers often have very little time to chat when they arrive at your home. Dispatchers will communicate all relevant information to the officers, so speak openly with the dispatcher about the situation of your loved one and answer their questions honestly. This will allow the dispatcher, and therefore the officer, to have a better idea of the situation and therefore be able to help your loved one in the best way possible.

Having spent 19 years on the street as a patrol officer, I can tell you that the more information the dispatcher could tell me while driving to the scene, the more prepared I was. With more information about the situation, I would have more time to formulate a plan and think about the best way to properly handle the incident. I could do a much better job of keeping everyone safe, and that's everyone's main concern in a crisis situation.

Preparing the information you'll need to tell the 911 operator and practicing what to say can help you ensure a safe outcome if a crisis occurs. If you are prepared before making the call, you might still make some mistakes, but you will get most of the information that is needed correct because of rote memory.

In addition, being able to properly communicate with the dispatchers will help you to calm down. This helps everyone by removing one stressor from the situation.

What to Do Before a Crisis Occurs Gather Your Information

One important fact to remember is that when we are in a crisis, we frequently don't think as clearly as we normally would. Fear and anxiety cloud our judgment and scramble our thoughts! Therefore the most important thing when you call is to remain calm and composed. During the **NAMI Family-to-Family** class, family members frequently tell us that they find the chapter that contains the crisis file to be incredibly helpful in planning before a crisis. We also give our families a **portable checklist** of what to say to the 911 operator; you can print and keep this in your wallet or save it on your cell phone. Next, write down all of the phone numbers you might need in a crisis. In our Family-to-Family class, we encourage people to write down information such as your loved one's diagnosis, medications, their address, and anything else that should be communicated, such as if there is a weapon involved or if your loved one



has a history of violence. Finally, if it is dark outside, you should turn on the porch light and when law enforcement arrives, answer any questions they ask and follow their directions.

Get Advice from Your Local Law Enforcement

Once you have prepared your crisis file, contact your local station, precinct, city police and/or sheriff and discuss your situation with them. I

would go over the material I prepared and ask them for feedback. I would tell them I want to make sure to relay the information that is important for their safety and that of my loved one if and when a crisis arises.

Train for a Crisis

Gathering the basic information beforehand can improve the safety of all of the people involved in a crisis, but training can help even more. In law enforcement, we spend a lot of time training to properly handle crisis events. Even though they represent a very small proportion of our calls for service, if we do not respond properly, the outcome can be disastrous. We practice these skills until they become an automatic response in a crisis. Repetition is critical. I remember the first time I needed to react in a critical situation; after it was over, I thought to myself, "I did just like I was trained."

In the same way, family members can train for these situations too. Use the NAMI Family-to-Family crisis file to practice calling the police for your loved one. I would suggest practicing repeatedly until you are able to get 95 percent of the information correct without looking at your notes. After that, I recommend choosing a regular time to practice: for example, every Wednesday as you drive to work, you can review what you would tell 911 if you need to call.

It can be scary to call the police for help when a loved one is in a mental health crisis. We hope your family can avoid a crisis and you never have to make that call. But if you do, being prepared with the relevant information at your fingertips, and your script memorized, can help keep everyone safe during a crisis.

Emmy Award Winning Actor Maurice Benard Stars in New Movie “*The Ghost and the Whale*”



Emmy® Award winning Actor Maurice Benard’s stars in a new movie “*The Ghost and the Whale*”. Maurice Benard portrays a mobster living with Bi-Polar, Sonny Corinthos in ABC’s daytime soap *General Hospital*. Some of you may remember seeing Maurice is a few scenes of *OC87* a movie about a local Southeastern PA man struggling with Bi-Polar, OCD, Asperger’s, and Depression that was featured by NAMI Bucks County a few years ago. Maurice Benard also spoke about his struggles in real life with Bi-Polar Disorder at a NAMI National Convention several years ago.

From “The Ghost and The Whale” Website

Maurice Benard has been a popular voice in the battle against bipolar disorder. He has been very open about his personal battle with the illness, appearing on television programs such as *The View*, *Dr. Drew*, and *Oprah*. Having been featured in *People* and *LA Life* Magazines, he also began working with the National Mental Health Association (NMHA) on the “Bipolar Disorder: Do You Know It?” campaign to help educate Americans about the importance of recognizing the signs and symptoms of bipolar disorder.

“*The Ghost and The Whale*” tells the story of Joseph Hawthorne (Maurice Benard), a bi-polar man who went off to sea with the love of his life and returned back to the sleepy town of Bodega alone. His wife Annabel Lee’s (Madeleine Hamer) disappearance and his subsequent exoneration creates a divided mystery among the town and moreover her bloodthirsty family.

One year later, acclaimed journalist Ed Hale (James Gaudioso) has been called to Bodega to cover Joseph’s mysterious and still untold story. A toilsome proposition, now that Joseph has relapsed into an untreated state, alternating

between hysterical mania and crippling melancholia. Often times Joseph will seek sanctuary down by the water with his only friend, a massive Gray Whale (Jonathan Pryce).

Ed recruits the help of a gregarious townsman and wanna be writer, Mitch Captree (Bryan MckKinley) to help navigate the terrain and local customs. After ten years of incarceration, the most diabolical of her brothers, Jack Lee (Anthony Gaudioso) returns home to exact his revenge. Now, both Ed and Joseph must survive long enough to unveil the truth before the Lee’s bury them both.





NAMI Walks



National Alliance on Mental Illness

Walking for Mental Health!

Saturday, May 3, 2014

Montgomery County Community College, Blue Bell Campus,
340 DeKalb Pike, Blue Bell, PA 19422

5K Walk

Check in time: 8:00 am Walk start time: 10:00 am

Register to walk at

www.namiwalks.org/greaterphiladelphia

Call [215] 353-0573 or email

sg3211@comcast.net

for more information.

2014



Sponsors:

Magellan Behavioral Health

Progressions Inc.

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Coming Events / Dates to Remember:

<p>April 10 & 24, 2014 May 8 & 22 June 12 & 26 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 7 & 21, 2014 May 5 & 19 June 2 & 16 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>Fall 2014 Newtown/Doylestown</p>	<p>Family-to-Family Education Program For more information or to register, call: 1-866-399-NAMI (6264)</p>
<p>2014 TBD Location TBD</p>	<p>NAMI Basics For more information or to register, call: 1-866-399-NAMI (6264)ics</p>
<p>Fall 2014 Upper, Central & Lower Bucks Warminster</p>	<p>Peer-to-Peer Education Program For more information or to register, call: 1-866-399-NAMI (6264)</p>
<p>April 10, May 15, June 12, July 10, August 14, September 11, October 16, November 13 & December 11, 2014 5:30 pm Warrington</p>	<p>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment & My Life Too – Parent Support Group Warrington Fellowship Church 2233 Bristol Rd. Warrington, PA 18976 For more information, please call Stephanie Lucas at 215-504-3900 Ext. 63854 or slucas@magellanhealth.com www.facebook.com/MYLIFEyouth</p>
<p>April 1 & 15, 2013 May 6 & 20 June 3 & 17 NAMI Office Warminster, PA 18974</p>	<p>NAMI Connection Recovery Support Group Support group for adults with mental illness, regardless of diagnosis. NAMI Office at 600 Louis Drive, Suite 106, Warminster, PA 18974. 1-866-NAMI(6264).</p>
<p>April 17, 2014 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: CIT, Ask a Cop Speaker: Steve Kingsdorf and Chuck Pinkerton, Northampton Police Department</p>
<p>May 3, 2014 7:00 – 9:00 P.M. Montgomery County Community College</p>	<p>Greater Philadelphia NAMI Walk 2014</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 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.