

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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NAMI Bucks County Stride for Mental Health Awareness Kick-off Celebration

Thursday, April 16, 2015 at 7:00 P.M.

Please join us for our April 16, 2015 Forum. This forum will be our kick-off event for our first annual Stride for Mental Health Awareness. There will be information for sponsors, teams, walkers and anyone else interested in participating. Snacks and prizes for largest teams, most donations by team and individual. Don't miss the fun.

**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 16, 2015

We are pleased to have one NAMI Bucks member, Deb Ryan seeking election to the NAMI Bucks County Board and five current board members, Dennie Baker, Charles Bechtel, Kathleen Campbell, Raighne Kirk, and Fred Korn 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 Stride for Mental Health Awareness Celebration will immediately follow the election.

Executive Director
Debbie Moritz

Board of Directors:

President

Kathleen Campbell

Vice President

Charles Bechtel

Secretary

James Skoutelas

Treasurer

Fred Korn

David Abel, M.D.

Shelly Aidenbaum

Dennie Baker

Raighne Kirk

Michael Rooney

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 2015 issue is
May 15, 2015

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 2015 Stride for Mental Health event, 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

Karen Capie
 Alan & Susan Dsurney
 Debra Hunt
 Susan & Charles Metz
 Michael Louis Reid
 Christine & Carl Shannon
 Marcy & Derek White
 Walter Wright

\$26 to \$50

Pam Cebulski
 Richard & Carol Jensen Garcia
 Deborah & Michael Holcomb
 Gerald Welsh

\$101 to \$500

Bucks County Community College
 Foundation
 Dublin Towne Diner
 Marge Green
 Marge Illenberger
 David McComsey

In Memory of Madeleine Wolcott

Stephen & Jesse Darlington

In Memory of Lynn Colletti

JoAnn & Brian Bongart
 Linda Chaplin
 Lu Mauro
 Mimi Scheckler
 Thomas Thomlinson
 & Dorothy Kotkiewicz

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-monthly 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.**

NAMI CAN / MY Life Too

NAMI CAN/My Life Too support group offers a support a parent support group for parents or caregivers of youth involved in the My Life Program and any parent or caregiver of a child/adolescent up to age 23 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 My-Life BUCKS meetings at the United Church of Christ at 785 W. Street Rd. Warminster, PA 18974 on the second Thursday of the month at 5:45. For more information, please call 1-866-399-NAMI(6264), or email info@namibuckspa.org

MY LIFE

Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

(MY LIFE) is made up of youth between the ages of 13 and 23 who have experience with the following issues:

- Mental health.
- Substance abuse,
- Juvenile justice.
- Foster care.

MY LIFE is helping to improve mental health, substance abuse, foster care and juvenile justice systems. It gives youth the chance to become leaders in their communities. My Life meets at the United Church of Christ at 785 W. Street Rd.

Warminster, PA 18974 on the second Thursday of the month at 5:30. For more information, please contact Emily Ferris, EFerris@magellanhealth.com.

International Bipolar Foundation Develops Mental Health Awareness Badge for Girl Scouts

With the increase in youth bullying, suicide and drug use, Girl Scouts are actively fighting to create change. Through a program to educate and reduce the stigma of mental illness, Girl Scouts can earn the Mental Health Awareness Patch developed by the International Bipolar Foundation for playing a positive role in their communities. For more information please visit <http://ibpf.org/>



With approximately 1 in 4 people in the U.S. diagnosed with a mental illness, awareness of those impacted is also growing.

- The opportunity to learn about mental health is consistent with the Girl Scout organization's dedication to the health and well-being of all girls. In earning the patch, Girl Scouts:
- Learn how the brain impacts mental health
- Explore how discrimination against those with a mental health condition makes it difficult to seek help
- Learn about many great achievers who experienced mental illness
- Research how mental health is portrayed in the media
- Create anti-stigma campaign activities

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

Some of My Favorite Things *By Cheryl Brenner*

Today I look out my window.
Seeing the snow, I look up seeing
sunshine on the snow & sometimes
I see hungry birds looking for food.
It's a nice time of year.

When spring comes, the birds are
looking for worms and some are
singing.

In the summer the bees also are
out and about trying to make their
hives to make their honey. Be very
careful not to go near their hives.
They might sting you.

These seasons are one of my
favorite things.



Visions of Springtime *By Dorothy McClellan*

There are visions of blue birds and
songs of lark.
And budding trees in the city parks.
There is green, green grass all over
the ground.

Near a bench I have found flowers
are blooming everywhere.

And a scent of lilacs fills the air.
The sun is bright and very warm.

Waiting for a spring time storm.
Pretty yellow daffodils grow among
the rocks and on the hills.

The tulips are a perfect delight.
All their colors are a cheerful sight.

Fish are swimming in babbling
brooks.

I need a pole and fishing hooks.
Visions of spring time come from
God above.

He gives us these blessings
because God is love.




NAMI Ending the Silence

National Alliance on Mental Illness



NAMI Bucks County is thrilled to announce the hiring of a coordinator for our newest signature high school education program “Ending the Silence”. Laurie Pepe will coordinate



this important program and expand the outreach to our Bucks County high

and middle schools. Laurie brings many years of experience with her as a family member and working in the community. We look forward to moving this program forward.

A Collective Impact Effort

America is at a crossroads when it comes to how our society addresses mental health. We know that one in five of our citizens has a diagnosable mental health condition, and that more Americans are expected to die this year by suicide than in car accidents.

While many of us are comfortable acknowledging publicly our physical suffering, for which we almost always seek help, many more of us privately experience mental suffering, for which we almost never reach out.

The Campaign to Change Direction is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to create a new story in America about mental health, mental illness, and wellness.



Commissioners Join SEPTA Officials to Unveil National Suicide Prevention Lifeline Signs at Langhorne Station



As commuters scurried through freezing conditions to board their train today at SEPTA's Langhorne Station, Commissioners Robert G. Loughery, chairman, Charles H. Martin and Diane M. Ellis-Marseglia, LCSW stood alongside SEPTA Board Chairman Pasquale T. "Pat" Deon and Pennsylvania State Representative Frank Farry to unveil a significant community outreach. The dignitaries were joined by Dawn Seader, interim administrator of the Bucks County Department of Mental Health/Developmental Programs (MH/DP) and members of the Bucks County Suicide Prevention Task Force.

Starting in September, 2014, SEPTA began posting National Suicide Prevention Lifeline signs at its stations system-wide. The signs offer a number (1-800-273-TALK) that is available to provide help 24 hours a day,

seven days a week, 365 days a year. The local hotline will be supported by Family Services Association. "This is very courageous of SEPTA. Instead of running from this difficult issue they took it on," stated Commissioner Marseglia. "These signs will be a possible life line to those in dire straits...struggling with a disconnect on the worst day of their lives, in the worst moments. But they are also a light toward hope for ANYONE who sees them and makes a call that leads to their getting help with emotional or any challenging issues. Hence they are both a safety and prevention tool."

According to SEPTA Chief Safety Officer Scott Sauer, the Langhorne ceremony represented the ceremonial last step in the process. SEPTA data indicates that approximately 50 percent of the fatalities on SEPTA's rail system each year are ruled suicide. During a recent calendar year, 18 suicides took place on SEPTA rail lines. He

noted that the signs will be a success if they provide assistance for even one struggling individual. Representative Farry recalled a recent suicide on the Langhorne line that took the life of a Neshaminy High student. As a first-responder, he has witnessed the devastation that suicide generates.

A survivor of suicide whose daughter passed away 10 years ago, Commissioner Marseglia expressed gratitude for the signs, which are prominently placed on station platforms. "Those of us who have lost a loved one to suicide become chronically aware that there are many reasons that lead to such feelings of despair but there are also many things that might have saved our loved one's life," she added. "Unfortunately there isn't just one 'thing' ...so we have to have many options to try and stop suicide. The signs are a courageous effort."

Bucks County Crisis (800)-499-7455 Bucks County Children's Mobile Crisis 877-435-7709 NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK





NAMI Bucks County
National Alliance on Mental Illness

Stride For Mental Health Awareness

We thank those of you who have supported NAMI Bucks County in the Greater Philadelphia NAMI Walk in previous years and we want to let you know that we will **not** be participating in that event this spring.



NAMI Bucks County is pleased to announce our upcoming Stride for Mental Health Awareness Event. NAMI Bucks Board of Directors have been hard at work planning a fun, family friendly, fundraising and awareness event. We will have face painters, balloon artists, photo booth, princesses and a super hero, music as well as speakers. Bruce Gordon, General Assignment Reporter, at FOX 29 News will be our Master of Ceremonies. State Rep. Gene DiGirolamo will be in attendance as well. We will then stride through Doylestown for a 5 K walk. There will be many opportunities for shorter walk routes as well as a walk in place area for those that are unable to stride too far.

We plan to use this occasion to raise awareness of the early warning signs of brain disorders, the need for better treatment and more supportive services for individuals with mental illness and their family members, as well as to raise funds for the work we do in Bucks County. The monies raised will help to support our newest signature program "Ending the Silence", an anti-stigma and mental health awareness program presented to 9th grade middle/high school students. An anonymous donor has even agreed to match up to \$10,000 for every walker donation received.

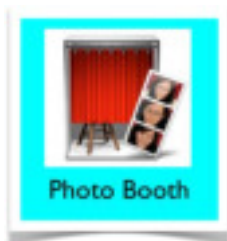
We have created a new website: www.stride4mentalhealth.dojiggy.com for this event. On this website,

you can register to participate, create a team, register on a team, make and accept donations, volunteer and manage a team or walker page.

We are very fortunate to have many wonderful sponsors right here in Bucks County that are supporting this event. We are very excited about this event and hope that you will join us.

May 9, 2015
Fonthill Park
130 East Swamp Rd.
Doylestown, PA 18901
Events begin at 8:00
Stride will begin at 10:00
This is a rain or shine event.

Our next NAMI Bucks Forum on April 16, 2015 we will have a kick-off event and hope that you will attend to help us get the momentum going. There will be light refreshments, information, prizes, etc.



Mental Health Awareness Month

May is Mental Health Awareness Month. It is a time to remember that mental health is part of overall health. Mental health affects thought processes, relationships, productivity and the ability to adapt to changes in circumstances or cope with adversity. One in four adults experience mental health problems in any given year. Those problems can contribute to onset of more serious long-term conditions. One in 17 adults lives with a mental illness such as major depression, bipolar disorder or schizophrenia. Approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24. Unfortunately, long delays—sometimes decades—often occur between the time symptoms first appear and when people get help.

Mental Health Awareness Month a time to learn to recognize early symptoms of mental illness and the importance of talking about concerns with a doctor or mental health professionals. Early identification and treatment can make a big difference for successful management of a condition.

For example, major depression is a mood disorder that is more serious than “feeling blue” or temporary sadness. Some people may experience it only once, but more than half have at least one additional episode over their lifetimes. Be alert to any

combinations of the following symptoms:

- Depressed mood (sadness)
- Poor concentration
- Insomnia
- Fatigue
- Disturbance of appetite
- Feelings of guilt
- Thoughts of suicide

Bipolar disorder involves cycles of both depression and mania. It is different from the “ups and downs” that most people experience, involving dramatic shifts in mood, energy and ability to think clearly. Symptoms also are not the same in everyone; some people may experience intense “highs,” while others primarily experience depression. Mania involves combinations of the following symptoms:

- Euphoria
- Surges of energy
- Reduced need for sleep
- Grandiosity
- Talkativeness
- Extreme irritability
- Agitation
- Pleasure-seeking
- Increased risk-taking behavior

Schizophrenia is a different type of mental illness, but can include features of mood disorders. It affects a person’s ability to think clearly, manage emotions, make decisions and relate to other people. Untreated, it also may include psychosis—a loss of contact with reality. Symptoms include:

- Difficulty with memory

- Difficulty in organizing thoughts
- Lack of content in speech
- Emotional flatness
- Inability to start or follow through with activities
- Inability to experience pleasure
- Delusions
- Hallucinations

Other types of mental illness include attention-deficit hyperactivity disorder (ADHD), anxiety disorders (including posttraumatic stress disorder), borderline and personality disorder. Mental Health Awareness Month is a time to learn about them.

Anyone who experiences symptoms of mental illness should see a doctor for a focused discussion about mental health concerns and assessment of potentially related physical conditions. The next step may be referral to mental health specialist. A range of treatment options exists. Education and connecting with others who have walked the same path or are facing similar issues also can play an important role. During Mental Health Awareness Month, please also talk about what you learn with family, friends and others. Help end the silence and stigma around mental illness that discourages people from getting help. This is a month to make a difference in our communities.



Bucks County



Stride For Mental Health Awareness

Funds support mental health programs offered at no cost in Bucks County

Saturday, May 9, 2015
Fonthill Park
130 East Swamp Road
Doylestown, PA 18901
Events Begin at 8:00 A.M.



Master of Ceremonies
Bruce Gordon,
General Assignment Reporter
FOX 29 News



NAMI Bucks County WELCOMES EVERYONE TO WALK WITH US!
There is no registration fee for the Walk. All participants must register and are encouraged to collect donations from family members, friends, co-workers and business associates.

All walkers raising \$100 or more receive an event t-shirt.

An anonymous donor has pledged to match up to \$10,000 for every walker donation received.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT
NAMI Bucks County at 1-866-399-6264, info@namibuckpa.org

Or register at www.stride4mentalhealth.dojiggy.com



AHEPA Chapter No 60 Charities
Art Bernard & Associates, LLC

Bucks County Department
of Human Services
"Now is the Time:
Healthy Transitions"

Coming Events / Dates to Remember:

<p>April 9 & 23, 2015 May 14 & 28 June 11 & 25 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 6 & 20, 2015 May 4 & 18 June 1 & 22 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 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12 & December 10, 2015 5:30 pm Location to be Determined</p>	<p>MY LIFE – Magellan Youth Leadership Inspiring Future Empowerment & NAMI CAN/My Life Too – Parent Support Group Location to be determined For more information, please call 1-866-399-NAMI(6264)</p>
<p>April 7 & 21, 2015 May 5 & 19 June 2 & 16 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 16, 2015 7:00 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: NAMI Bucks Stride for Mental Health Awareness Kickoff</p>
<p>May 9, 2015 8:00 – 12:00 P.M. Fonthill Park 130 E Swamp Rd. Doylestown, PA 18901</p>	<p>NAMI Bucks Stride for Mental Health Awareness</p>
<p>Fall 2015 Upper, Central & Lower Bucks County</p>	<p>Family-to-Family Education Program For more information or to register, call: 1-866-399-NAMI (6264)</p>
<p>Fall 2015 Upper, Central & Lower Bucks</p>	<p>Peer-to-Peer Education Program For more information or to register call: 1-866-399-NAMI (6264)</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.