The Official Newsletter of NAMI Bucks County

Volume: 7 Issue 3 Newsletter Summer 2010

### 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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## **Creating Bridges of Belonging for Persons with Mental Illness**

Paul Keisling, MSW Chief Executive Officer, Project Transition

Thursday, June 17, 2010 at 7:30 P.M.

Please join us for our June 17, 2010 General Meeting. Our speaker will be Paul Keisling, MSW, Chief Executive Officer, Project Transition, who will explore the cracks in our current continuum of mental health care and how they unwittingly reinforce a sense of disconnection among people with mental illness. A major focus of the talk is how to transform these obstacles and challenges to opportunities that cultivate a sense of belonging and social connection.

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

### **CIT TRAINING UPDATE**



Recently, Bucks CIT conducted the third class of Crisis Intervention Team (CIT) training on mental illness. On May 21st, 27 officers received certification CIT training. Most were from the lower to mid-county area. Also included were some officers from Bucks County Adult Parole and Probation. It is strongly advised if you or your loved one should need help from a police officer that when calling, you should ask if they have a CIT officer.



### NAMI of PA, Bucks County Chapter

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Debbie Moritz

### Board of Directors: President

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E-mail: info@namibucks.org
Web Site:
www.namibucks.org

### NAMI Bucks County Newsletter

Letters, News Articles, and Announcements are welcome --Deadline for articles for our Fall, 2010 issue is August 13, 2010 Send to above address or by e-mail to info@namibucks.org

### **Announcements**

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

Donors can now designate a gift to NAMI of Bucks County via a Donor Choice during United Way's Annual Campaign. Our organization code is #14632 and is only valid for the United Way of Southeastern Pennsylvania. PLEASE NOTE: THIS IS A NEW NUMBER. BE SURE TO USE THIS NUMBER IF YOU WANT YOUR DONATION TO BENEFIT THE NAMI BUCKS COUNTY, PA CHAPTER.

## Designate NAMI Bucks to Receive Donations through EBAY Giving Works

Sellers on EBAY can now designate all or a portion of the proceeds from an EBAY sale to benefit NAMI of Bucks County. When listing your item, go to the <u>Sell Your Item form</u> on EBAY. In the "Pictures & Details" section, click the "Add" link in the area titled "Donate percentage of sale." Choose your organization "NAMI of PA, Bucks County Chapter" to receive the proceeds or a portion of the proceeds.

### **Bucks County COMPEER**

Bucks County COMPEER is seeking volunteers throughout the county to be a friend to people in mental health recovery. It takes just four hours a month to make a difference in someone's life and give one of the greatest gifts a person can receive...FRIENDSHIP. To find out more about volunteering, please contact Julie Pulvers @ 215-785-2825.

## WE NOW TAKE CREDIT CARDS Renew your Membership or Make a Donation to NAMI of Bucks County Online.

You can now become a new member, renew your current membership and/or make a donation to NAMI with your credit card either online or through the mail. You can use your own bank account or a credit card through a secure server at *PayPal*® to pay online. Visit our website at www.namibucks.org for details or call Debbie at 1-866-399-NAMI (6264) for an application.

NOTE: Since renewals are handled on a quarterly basis, you will be notified when your current membership is due to expire. Please do not renew your membership until you receive notice. If paying by check, we would appreciate if you would note in the memo section of your check whether it is a donation, membership renewal or both. We appreciate your help.

## **Bucks County Caring Neighbor Sponsored by Lenape Valley Foundation**

All people have dreams, Some dream of money, Some dream of power, Some dream of fame and fortune. However, the biggest dream for many is friendship! You can make that dream come true! You can make a difference today in the life of an individual with mental illness. Please help brighten someone's life today. Please call 215-957-2204 for information.



#### National Alliance on Mental Illness

### Thank You for Your Contribution

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

#### \$1 to \$25

Margaret Abbott
Jay Clipp
Velia Dean
Helen & Howard Freiling
Sidney & Mildred Fielden (In memory
of Wendy Mazer)
Arthur & Paulette Godshall
Julie & Frederick Goldstein
(in memory of Suzanne Spilker)

### \$1 to \$25 - Continued

Donald & Janet Millin Abraham & Beverly Rothstein Robert & Janet Snyder Janet Trader

#### \$26 to \$50

Sherry Roberts Richard & Janice Will

#### \$51 to \$100

Almerinda Gaskill Will & Betsy Kirk

#### Office Volunteer

Bernadette Dyer

And to all the NAMI Walk Donors

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

### MAMI Peer-to-Peer

Our Peer-to-Peer Education program will be offered again in Upper, Central and Lower Bucks beginning in September. Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness

who are interested in establishing and maintaining their wellness and recovery.

If you are interested in taking the Peer-to-Peer Recovery Course, please call 1-866-399-NAMI(6264) to register.

The program is free but **REGISTRATION IS REQUIRED** Class size is limited and fills up quickly.

## MAMI Family-to-Family

NAMI Bucks County will be offering Family-to-Family Education Classes beginning in September in Central and Lower Bucks.

The NAMI Family-to-Family Education Program is a free 12-week course for family members and caregivers of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that

family members and caregivers need to cope more effectively.

If you are interested in taking the Family-to-Family Education Class, please call 1-866-399-NAMI(6264) to register. **REGISTRATION IS REQUIRED.** Class size is limited and fills up quickly.



NAMI Connection Recovery Support Groups are open to all adults with mental illness, regardless of diagnosis. NAMI Connection Groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

• Meets weekly for 90 minutes

• Is offered free of charge

 Follows a flexible structure without an educational format

• Does not recommend or endorse any medications or other medical therapies

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



### 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 <a href="mailto:info@namibucks.org">info@namibucks.org</a>

## A Loving Aching Heart By Lori Oliver

Love that has died is love that has cried Love that has cared is love that has shared Love that can grow is love that can show Love that is sure is love that can cure

> My love was once so strong Oh so long ago

Emotions that overwhelm me Feelings that should show me When love is real and when it is not

Love that has died should not hide
There are others who have let love smother
There are those who care
Those who show, those who grow
And some that know

Those who don't know love
Don't show love for they search
Those who think they know love
Think they show love for it hurts
Those who have forgotten love
Forget to show love for they dream
Those who cry for love
Their hearts ache for love
For they are broken hearted

I have cried and I have shown I have grown and I have ached I have thought I knew love I have forgotten love For I have an aching heart



### Wildwood Days By Cheryl Brenner

Everyone around town are getting ready for fun and good times. Everyone is going to have a good time.

Children are happy, adults are having fun.

They all get in their cars and go to Wildwood.

Toys, games, beach, tramcar, pictures, ice cream, water ice.

Then comes the tramcar and it says "Watch the tramcar please" and everyone scrambles to get around the tramcar.

So if anyone asks why you wanna go, just take them with you and they will enjoy I'm sure.

### My Dad By Dorothy McClellan July 4, 2005

My dad was a gem so easy to love

The stars in his crown shine down from above

He called me baby girl

He brought a ton of love to my childhood world

When he bounced me on his knee I was happy blessed and free

Daddy filled my days with joy

No rhyme or reason can destroy

My dad gave me honor, my dad made me smile

We used to walk together for a dusty country mile

Daddy loved the wildwood – he taught me many things about the

woods and flowers and bubbling mountain springs

Dad taught me good and caring - about God and sharing

He liked to play the guitar and sing a country song

The music lingers long

He had mercy - he had praise

He had a helping hand on stormy rainy days

There are many lovely memories I cannot count them all

My dad was Mom's handsome county Prince - at the Prince's ball.



## 







NAMI Bucks County Team, "Bucks for Brains"

The Third Annual Greater Philadelphia NAMI Walks for the Mind of America, a fundraising and awareness-raising event, was held Sunday, May 2, 2010, at Montgomery County Community College in Blue Bell, PA. The Walk was a huge success.



**Bucks for Brains Walkers** 

The Walk raised over 160,000.00 The overall goal was \$150,000.00. Of that money Bucks County raised a little over \$10,000.00. The totals are still being calculated so we will not know the official total and the official amount that NAMI of Bucks County will receive after expenses until after the deadline sometime in July. There were even more attendees than last year.

NAMI of PA, Bucks County Chapter's team "Bucks for Brains" participated as did several other teams from Bucks County, including Bring Change 2Mind in Pennsylvania, Can't Tough This, Dave's Crew, Project Transition Warminster, and Team Wellspring.



NAMI Bucks President, Kathleen Campbell, hold the NAMI Bucks Banner with Tayler Earl and Jackie Moritz

We are eagerly looking forward to the 4rth Annual Greater Philadelphia NAMI WALKS for the Mind of America. If you are interested in volunteering on the planning committee for next year, please contact Debbie Moritz at 215-442-5637.















### Incidents Shows Cops Need Training to Deal with the Mentally III

By JASON NARK Philadelphia Daily News

narki@phillynews.com 856-779-3231

A MAN WITH A 15-inch butcher knife in a Collingswood park asked police to shoot him.

A father of two from Hammonton hid out in his home, alone with his handgun, for 12 hours last month.

In Winslow Township this week, police asked a man loitering outside a neighborhood Wawa to leave. He said, "No."

Three mentally ill men, all face-to-face with police in volatile situations. Only one lived through it.

The survivor is the schizophrenic man in Collingswood who was cutting himself with the butcher knife and advancing toward cops and children. The man wound up handing the knife over and wasn't even arrested, thanks to an officer trained to deal with mental illness.

"There were several points during that altercation, where the officers could have justifiably taken him down," Thomas Garrity, chief of investigations at the Camden County Prosecutor's Office, said about the 2008 incident in Collingswood.

Garrity, the former longtime police chief of Collingswood, was the first officer in the state to be certified in Crisis Intervention Team management (CIT), a program developed by the Memphis police department to help officers better deal with the mentally :11

CIT training has steadily spread through South Jersey, particularly in Camden County, Garrity said, but it is not mandatory.

Some of the larger municipalities in Camden County - Winslow, Cherry

Hill and Gloucester townships - have taken the lead in CIT training, Garrity said. But mental-health advocates say the recent encounter between a Winslow Township police officer and a mentally ill man outside a Wawa highlights the need for more training.

"Cops don't need to be psychologists and no one is asking them to, but they can learn signs of mental illness," said Phil Lubitz, associate director of the National Alliance of Mental Illness of New Jersey. "As long as the person is not causing a danger to those around him, or is a danger to himself, there can be an alternative."

Keith Briscoe, 36, of Waterford Township, wasn't armed with a weapon or trying to hurt himself Monday morning when a Winslow Township police officer asked him to leave the Wawa on Cross-Keys Road. Briscoe's father, Keith Robinson, said his son was mentally ill and a patient at Steininger Behavioral Care Services, just a few blocks away.

Briscoe spent nearly every morning outside the Wawa smoking Newport cigarettes and drinking soda, his father said, before heading to Steininger.

"Everyone there knows who he was," Briscoe's father told the *Daily News* this week.

Briscoe wouldn't leave the store, though, and struggled when the officer tried to arrest him. It took four more police officers, three bystanders and a can of Mace to finally subdue Briscoe, but he had stopped breathing when police cuffed him and he died at a nearby hospital.

Garrity said he couldn't comment specifically on the Winslow case because his office was investigating it. He did say Winslow was one of the first departments to receive CIT training, though, because Ancora Psychiatric Hospital is within its borders.

CIT training, he emphasized, does not mean every encounter between a mentally ill suspect and a police officer will turn out as positively as the Collingswood incident.

"A lot of people think it's going to solve every situation," he said. "It gives you a better chance to resolve things peacefully, but it's all according to the circumstance."

Things did not end peacefully inside Donald Hoffman's home in Hammonton in the early-morning hours of April 26. A fine layer of white dust - the residue from tear-gas canisters - covered the bloodstains, the splintered doors and shards of broken glass, and the toppled furniture and pictures of smiling children, days after an Atlantic County SWAT team barreled in and shot him dead.

In Hoffman's bedroom, the tear-gas residue still caused eyes to water and throats to itch.

"I can't take it anymore. I have to go outside," said Dave Zawojski, Hoffman's brother, as he stood in the bedroom and surveyed the aftermath.

Zawojski, 33, said his brother was schizophrenic and couldn't afford his medicine. Although Hoffman allegedly put a handgun to the head of an Emergency Medical Service employee in Deptford on April 25, Zawojski said both the handgun and his brother's threats were empty.

"My brother was a good guy and a good father," he said. "He would never have hurt anyone."

Zawojski, who fled the home with his children when police arrived, said he begged officers to let him go back in and get his brother.



### Incidents Shows Cops Need Training to Deal with the Mentally III (Cont'd)

His mother, Charlotte Zawojski, said she told Hammonton police that he was acting erratically a few days before he was killed. "I wanted to let them know he wasn't acting right," she said.

Hammonton Police Chief Frank Ingemi confirmed that Zawojski visited the police station prior to the incident, but declined to comment further.

About 12 hours after the incident in Deptford, however, authorities fired almost 10 tear-gas canisters at the Hammonton home, and under cover

of darkness, the SWAT team barreled in and put two bullets in Hoffman's chest, his brother said.

"He was alone and he was scared and he was killed," Zawojski said.

The incident is under investigation by the state Attorney General's Office, but experts say the shooting will probably be ruled "justified."

"There's always the age-old question, 'Could they have waited?' " said Scott Israel, a former SWAT commander with the Fort Lauderdale, Fla., police. Len Altamura, president of Steininger Behavioral Health Services, said he's seen the Collingswood video numerous times and its positive outcome nearly "brings him to tears" every time. He wouldn't comment directly on Briscoe's case, but said the Collingswood video is proof that there's an alternative to treating the mentally ill as threats.

"The man with the knife who was threatening police walked away," he said. "It let everyone know there's a better way to do things."

### Property Tax/Rent Rebate for Seniors and People with a Disability

Property Tax/Rent Rebate for Seniors and the Disabled -Wednesday, June 30 Filing Deadline.

The Pennsylvania Taxpayer Relief Act provides property tax and rent rebates to qualifying seniors and disabled residents who own or rent when they apply by June 30. Claimants or spouses 65 years of age or older, widows or widowers 50 years of age or older, and the

permanently disabled 18 years of age or older may qualify for the Property Tax/Rent Rebate Program.

Further information and a downloadable application form are available at www.portal.state.pa.us/portal/serve r.pt/community/property tax rent rebate program/11410/rev-573.pdf.

A downloadable brochure for posting is available at www.revenue.state.pa.us/portal/ser ver.pt/document/693697/rev-573 pdf or call Property Tax/Rent Rebate Information at 1-888-222-9190

Also, if you are looking for rental housing, please check out the new apartment locator. www.bucksapartmentlocator.org



an original musical

The most talked about new show on Broadway is Next to Normal the acclaimed, groundbreaking musical "that pushes Broadway in new directions" (Rolling Stone). With a thrilling contemporary score, Next to Normal is an emotional powerhouse of a musical about a family trying to take care of themselves and each other.









FROM THE DIRECTOR OF RENT

- Save on tickets to the Tonywinning Broadway smash and help NAMI improve the lives of people affected by mental illness. It's simple:
  - 1. Go to www.broadwayoffers.com and enter promo code: NNNAM114
  - 2. Select your show and discounts:

- \$80 orch/front mezz for fri/sat mat/sun mat (no sat eves) (regular price -\$116.50)
- **■** \$70 orch/front mezz mon/tues/thurs/sun eve (regular price - \$111.50)
- 3. You'll see a great show at a great price and \$5 from each ticket will benefit NAMI.





## 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. There are no meetings in July or August. For directions or more information, please call toll free at 1-866-399-NAMI(6264).

### **Bucks County Introduces High Fidelity Family Teams**

Bucks County High Fidelity Teams utilize a national model to bring change to the lives of families who have children with complex needs through the following ways:

- Partnering with families to use their voice and strengths as well as professional and community supports to build teams that keep children in their own homes and communities.
- Offering family-driven planning process that puts families and youth in charge of their own plan.
- Supporting families to function with more community supports and fewer professional supports in their lives.
- Bringing people together from different parts of the family's life to help families realize their hopes and dreams.

### Who is eligible? Who is not eligible?

Children/adolescents under 21 with complex needs who are at risk of out-of-home placement, or are currently placed in a residential treatment facility (RTF), who

- have a primary psychiatric diagnosis (Axis I)and medical assistance are eligible for consideration.
- Families willingness and participation are essential to the process.
- Unfortunately, in PA, referrals for children with Autism Spectrum Disorders are not currently accepted. Children diagnosed with any other developmental disability are eligible for this process as long as they have an Axis I diagnosis.

#### Who can make a referral?

Anyone can make a referral on behalf of the family. It is requested that a trusted representative of the child's treating provider discuss with us the best way to engage with the family to ensure their understanding and commitment level. Acceptance into the program will be decided through a collaborative review process conducted by Child and Family Focus and Bucks County Behavioral Health System.

Who is providing HiFi?
Child and Family Focus Inc. has

Child and Family Focus, Inc. has been offering HiFi in Montgomery and Chester counties and is now

starting implementation in Bucks County. The Bucks County High Fidelity Family Team is composed of a Coach, Facilitator, who listens to the families to understand their needs, leads families though the HiFi process and ensures the family plan is followed as agreed by the team. The Family Support Partner is a parent who has gone through similar struggles in their own family, provides advocacy and coaching for families who are working with other services or professionals and assists families in developing skills of self sufficiency and self advocacy - Helping families find their voice. A Youth Support Partner is a young adult who has overcome life challenges as a child or adolescent, is a mentor and advocate for the child or youth and helps the youth find their voice and improve their confidence. Each person on the team has specific responsibilities and training requirements.

## Bucks County Behavioral Health System



## <u>Magellan Health Services</u>

### **Present**

### "WRAP"

A Wellness Recovery Action Plan Workshop

### With

### **WRAP Facilitators**

### Donna S. Giordano, Peer Specialist Liaison & Steve K. Polomchak, Peer Specialist

The WRAP is a Proactive way to address Challenges in your Life by coming up with Actions that have Helped and Hurt in your Life's journey and turning them into Actions that Heal.

Where: Bucks County Behavioral Health System

Suite 102A 600 Louis Drive

Dates: Time:

Warminster, PA 18974 June 28, 29 & 30, 2010

9:00 am to 4:00 pm

### Dead Line for applications: June 18, 2010

For more information: Contact: Donna S. Giordano Email: dgiordano@co.bucks.pa.us Fax: (215) 773-9317

Telephone: (215) 773-9317 Telephone: (215) 773-9313 x437

<sup>\*</sup> For All People, not just people wanting to obtain the Peer Specialist certification.

# Call for Art!

### 12th Annual Norristown State Hospital Art Show

## Our theme is **HOPE!**



Date: October 6<sup>th</sup>, 2010

Place: Building 33 at Norristown State Hospital

Time: 9AM till 2:30PM

We will begin to accept Art work on September 8th, 9th, 15th & 16th From 10AM to 2PM Bldg. 33 Lower Level, Room 007

Art may be picked up on November 3rd & 4th From 10AM to 2PM
Bldg. 33 Lower Level, Room 007

### **Coming Events / Dates to Remember:**

1 <sup>ST</sup> & 3 <sup>rd</sup> Mondays	NAMI Family-to-Family Support Group Meeting - Lower Bucks –
7:30-9:00 PM	Crossing Community Church
	80 Silver Lake Rd.
Newtown, PA	Newtown, PA 18940
35 1 (20 020 P)5	For more information please call 1-866-399-NAMI(6264).
Mondays 6:30–8:30 PM	NAMI-Connection Support Group
Doylestown Mennonite	Peer support group for people with a mental illness.
Church	Mondays at Doylestown Mennonite Church, 590 North Broad Street, Doylestown, PA 18901
W. 1 1 (20 020 P) (	For more information call 1-866-399-NAMI (6264)
Wednesdays 6:30–8:30 PM	NAMI-Connection Support Group
Penndel MH Life Program	Peer support group for people with a mental illness.
	Wednesdays at Penndel Mental Health's Life Program at 152 Monroe Avenue, Penndel, PA 19044
	For more information call 1-866-399-NAMI (6264)
June 17, 2010	NAMI Bucks General Meeting
7:30 PM	Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital)
Abington Health Center,	Main Conference Room (Ground Floor)
Warminster Campus	225 Newtown Rd., Warminster, PA 18974
(Formerly Warminster	Creating Bridges of Belonging for Persons with Mental Illness
Hospital)	Paul Keisling, MSW, Chief Executive Officer, Project Transition
(NO MEETINGS IN	
JULY AND AUGUST)	
June 24, 2010 7:00 PM	NAMI-CAN (Children's and Adolescents Network) Conf. Rm., 600 Louis Drive, Suite 106,
Warminster, PA	Warminster, PA
(NO MEETINGS IN	Meets every 4th Thursday of the month - Call 1-866-399-NAMI (6264) for information
JULY AND AUGUST)	
June 30 – July 3, 2010	NAMI National 2010 Annual Conference
Washington DC	INAMI INAUONAI 2010 Aimuai Cometence
Ü	
Fall 2010	Family-to-Family Education Program
Newtown	For more information and locations call 1-866-399-NAMI (6264)
Central Bucks	
TBD Fall 2010	Door to Door Education Dragger
	Peer-to-Peer Education Program
Warminster, Sellersville	For more information and locations call 1-866-399-NAMI (6264)
and Bristol	NAMED 1 C. 114 C.
November 18, 2010	NAMI Bucks General Meeting
7:30 PM	Abington Memorial Health Center, Warminster Campus (Formerly Warminster Hospital)
Abington Health Center,	Main Conference Room (Ground Floor)
Warminster Campus	225 Newtown Rd., Warminster, PA 18974
(Formerly Warminster	Elements of Healing: Wellness, Recovery, and Personal Medicine
Hospital)	Jack Gomberg, MD, Chief Medical Officer, Project Transition
	Trent Tangen, MS, CHLC Director of Wellness Services, Project Transition









Bucks County Chapter PO Box 355 Warrington, PA 18976-0355

### LET US HAVE YOUR E-MAIL ADDRESS

If we don't already have your e-mail address, or if your address has changed, please contact Debbie Moritz at e-mail <a href="info@namibucks.org">info@namibucks.org</a> and she will add you to our e-mail list. Each week, we e-mail time-sensitive information and late-breaking news.

## We're on the Web! www.namibucks.org

Be sure to visit our website regularly for additional articles and updated information

Chapter Toll-Free Helpline 1-866-399-NAMI (6264)

<u>GoodSearch (powered by Yahoo)</u> – Help NAMI National (<u>NAMI, Arlington, VA</u>) 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 <u>www.goodsearch.com</u> Follow the instructions on how to install the GoodSearch toolbar and home page. Encourage family, friends and business associates to use GoodSearch.