

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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“Path to Independence: Understanding the “Why”

Thursday, June 19, 2014 at 7:30 P.M.

Michele Leahy, MS, Founder and CEO of M. Leahy & Associates

Please join us for our June 19, 2014 Forum. Ms. Michele A. Leahy, MS will present and overview and delve into specifics regarding key issues for adults with mental illness and options for disability life planning. Topics include:

- Is my adult child eligible for SSI/SSDI?
- What is the difference between SSI and SSDI?
- Can my adult child work and still receive benefits such as Medical Assistance and federal cash benefits?
- What is a Special Needs Trust and why should I consider one?
- How can I blend state and federal government programs while preparing for his/her future?
- What is person centered planning and why is it important?
- What's the difference between Power of Attorney and Guardianship?
- What are future housing options?

Please join us for this informative session that will answer questions and provide information in a straightforward and open atmosphere.

**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**

**NAMI of PA,
Bucks County Chapter**

Executive Director
Debbie Moritz

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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

Fall 2014 issue is

July 15, 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

Dennie & Carol Baker
Christine Broadwell
Eleanor Campbell
Arthur E Godshall
William & Betsy Kirk
Jim & Carol Meholic
Anne O'Toole
Carole Spina
Richard Will

\$26 to \$50

Margaret A. Abbott
Elena Cardenas
(In Honor of Margie Green)
Pamela Cebutski (J&J)
Saro & Sam Ilangovan
James Logan
(In Memory of Mary Hendrickson)
David McComsey (J&J)
Gerald Welsh (J&J)

\$101 to \$500

David Abel
Charles A Bechtel Jr.
Marge Illenberger
(Americas Charities)

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

NAMI Bucks County is partnering with Magellan to provide the “My Life Too”/NAMI Children and Adolescent Network support group for parents or caregivers of youth or 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@namibuckspa.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 Fall 2014 Prior registration is required. Call 1-866-399-NAMI(6264).



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.



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

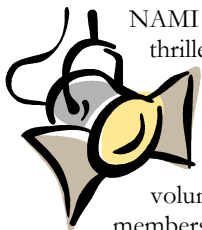
family members. All instruction and course materials are free for class participants.

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

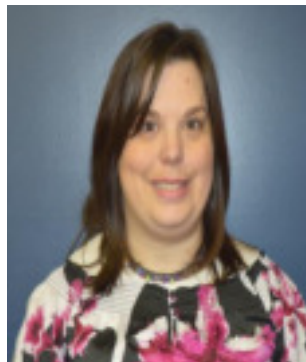
and teaches the knowledge and skills that family members and caregivers need to cope more effectively.

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

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 Jennifer Calhoun. Jennifer has been a NAMI Bucks County Board member since 2008. She has served on the NAMI Walks Committee in 2010 and 2014. Jennifer was a Peer to Peer Mentor from 2006-2010. She has also been a NAMI Connection facilitator. Thank you Jennifer for your many years of volunteerism.

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

Prejudice Be Gone

By Dorothy McClellan

8/28/13

Prejudice is bad
It always makes you sad
Wipe away greed
Do a good deed
Have mercy, be good
Don't be misunderstood
Be sane
Be careful, don't complain
Don't cling to bias
Discipline will suffice
Prejudice makes your hear weary
Makes your life dreary
Prejudice makes you less cheerful
Helps make you more tearful
Prejudice makes the world bleak
Makes a path to happiness weak
Look for love, look for care
Pray a loving prayer
Pray for your enemies
Pray for your friends
On this the world depends
Flowers will bloom, freedom will loom
Sing a new song, prejudice be gone
God will hear, hate is too hard to bear

The Earth is Beautiful

By Cheryl Brenner

A big beautiful sun in the Summer.
A big moon, half moon, $\frac{3}{4}$ moon.
This beautiful Earth, aren't we special to share
this wonderful place with millions of people.
This country of ours is a free country we live in.
We are free to do just about anything.
Cook inside, cook outside on a grill.
Have a birthday party for young and old.
Run around and be happy.
Go swimming, go fishing.
Just about anything you want to do, you can do.



Please Welcome our Newest Board Members and New Officers

The NAMI Bucks County Board of Directors is pleased to welcome two new board members and one re-elected board member. James Skoutelas and Michael Rooney were elected to the NAMI Bucks Board at our April, 2014 membership meeting. Dr. David Abel, M.D. was re-elected to a

second three year term. New officers were elected at the NAMI Bucks Board of Directors meeting on May 15, 2014. Kathleen Campbell will remain President, Charles Bechtel has been elected as our new Vice President, filling the vacancy by our departing Vice President Thomas Tantillo. Fred

Korn will remain Treasurer, and James Skoutelas was elected as Secretary. We welcome our new Board members and Officers and look forward to working together in fulfilling our NAMI Bucks County Mission

Mental Health Myths and Facts



Mentalhealth.gov

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths.

Mental Health Problems Affect Everyone

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common. In 2011, about:

- One in five American adults experienced a mental health issue
 - One in 10 young people experienced a period of major depression
 - One in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 38,000 American lives each year, more than double the number of lives lost to homicide.

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors. Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24. Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees. When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism
- Decreased disability costs

Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

Helping Individuals with Mental Health Problems

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.

(Continued on Page 7)

Mental Health Myths and Facts (Cont'd)

Myth: I can't do anything for a person with a mental health problem.

Fact: Friends and loved ones can make a big difference. Only 38% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services

- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

Myth: Prevention doesn't work. It is impossible to prevent mental illnesses.

Fact: Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors such as exposure to trauma that can affect the

chances that children, youth, and young adults will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to:

- Higher overall productivity
- Better educational outcomes
- Lower crime rates
- Stronger economies
- Lower health care costs
- Improved quality of life
- Increased lifespan
- Improved family life

BUCKS CIT 10th Graduating Class



On April, 2014, the Bucks County CIT Task Force was proud to welcome 24 new graduates into the CIT family. Bucks County is a Philadelphia suburb that encompasses 607 square miles, 626,000 residents, policed by 42 full and part-time police departments. This graduating class was Bucks County's tenth CIT training, bringing the grand total to 263 certified CIT graduates. 50% of police departments in Bucks County now have trained CIT officers since the first training began in September, 2009.



CONGRATULATIONS to the tenth graduating class of Bucks County's Crisis Intervention Team (CIT) on April 11, 2014. These graduates bring the total to 263 certified CIT graduates that have advance training in mental health and related issues.

SSDI or SSI? What are the differences and basics?

ABOUT.COM By Terri Robert

The **Social Security Disability Insurance (SSDI)** and **Supplemental Security Income (SSI)** disability programs are the largest of several Federal programs providing assistance to people with disabilities. There is often confusion about which program is more appropriate for an individual. Let's take a look at the basics about both programs.

While these programs are different in many ways, both are administered by the Social Security Administration (SSA) and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

(SSDI) is financed with Social Security taxes paid by workers, employers and self-employed persons. To be eligible, the worker must earn sufficient credits based on taxable work. Disability benefits are payable to disabled workers, disabled widow(er)'s or adults disabled since childhood, who are otherwise eligible. Auxiliary benefits may be payable to a worker's dependents. Monthly disability benefit payment is based on the Social Security earnings record of the insured worker on whose Social Security number the disability claim is filed.

(SSI) is financed through general tax revenues. SSI disability benefits are payable to adults or children who are disabled or blind, who have limited income and resources, who meet the living arrangement requirements, and are otherwise eligible. Monthly payment varies up to the maximum federal benefit rate which is standardized in all States, but not everyone gets the same amount because it may be supplemented by the State or decreased by other income and resources.

When you apply for either program, the SSA collects medical and other information from you to make a decision about whether or not you meet Social Security's definition of disability.

Social Security's definition of disability:

Disability under Social Security is based on your inability to work. You are considered disabled under SSA rules if you cannot do work that you did before and they decide that you cannot adjust to other work because of your medical condition(s). Your disability must also last or be expected to last for at least one year or to result in death.

The five steps the SSA uses determine if you are disabled:

1. Are you working?
2. Is your condition "severe"?
3. Is your condition found in the list of disabling conditions?
4. Can you do the work you did previously?
5. Can you do any other type of work?

Special situations:

Most people who receive disability benefits are workers who qualify on their own records and meet the work and disability requirements described above. However, there are some special situations:

- People who are blind or have low vision.
- Benefits for widows or widowers who are disabled.
- Benefits for children who are disabled.

Applying for Social Security Disability Benefits:

WHEN to Apply:

You should apply as soon as you become disabled. If you apply for:

- SSDI: disability benefits will not begin until the sixth full month of disability. The Social Security disability waiting period begins with the first full month after the date the SSA decides your disability began.
- SSI: the SSA pays SSI disability benefits for the first full month after the date you filed your claim, or, if later, the date you become eligible for SSI.

HOW to Apply:

There are several ways to apply for SSDI:

- Online at <https://s3abaca.ssa.gov/pro/isba3/wwwrmain.shtml>
- By telephone by calling 1-800-772-1213. If you are deaf or hard-of-hearing, call their toll-free TTY number, 1-800-325-0778.
- By going to your local Social Security office.

SSI applications are not taken online.

You may apply:

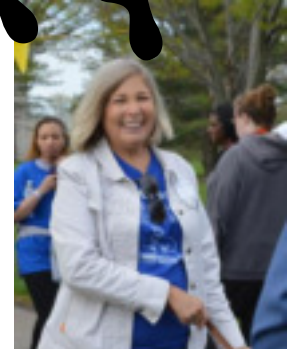
- By telephone at the numbers above.
- By going to your local Social Security office.

You may have someone act as a representative to help you deal with the SSA. They will work with your representative as if they were working with you once the authorization paperwork has been completed. Once you appoint a representative, he or she can act on your behalf in most Social Security issues.

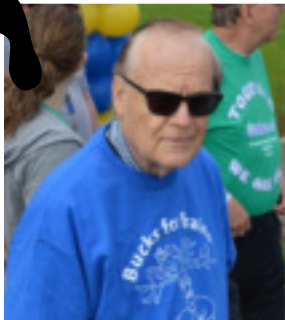
Although SSDI and SSI are both administered by the Social Security Administration, they are intended for completely different types of cases. Being sure you're applying for the correct one can save you a great deal of time, confusion, and frustration. The SSA's web site and publications can take a lot of the mystery and guess work out of the process.




NAMI Bucks County 2014 Team, "Bucks for Brains"



NAMI Bucks President, Kathleen Campbell



NAMI Bucks Vice President, Charles Bechtel



NAMI Bucks County 2014 Team, "Together We Are Abel"

The 7th Annual Greater Philadelphia NAMI Walks for the Mind of America, a fundraising and awareness-raising event, was held Saturday, May 3, 2014, at Montgomery County Community College in Blue Bell, PA. NAMI of PA, Bucks County Chapter's team "Bucks for Brains" participated as did several other teams from Bucks County, including, The Brainy Bunch, Doylestown 1, Lenape Walkers, Lower

Bucks Hospital, NHS Human Services, Penn Foundation Walks Together, Pennel Mental Health Center and Together We Are Abel.

If you would like to make a donation, you still can at <http://namiwalks.nami.org/teamPage.aspx?Referrer=http%3a%2f%2fwww.namiwalks.org%2f&TeamID=481561>

We are eagerly looking forward to the 8th Annual Greater Philadelphia NAMI WALKS for the Mind of America in 2015. If you are interested in volunteering on the planning committee for next year, please contact Debbie Moritz at 215-442-5637



Jake Wasserman, NAMI Walks Volunteer



"Bucks for Brains" Walkers



Team "Together We Are Abel"



Team "Together We Are Abel"

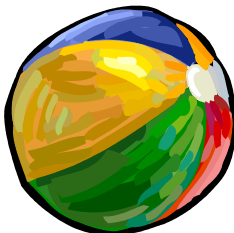


"Bucks for Brains" Team member and volunteer Wendy Steinbacher face painting



Coming Events / Dates to Remember:

<p>June 12 & 26 July 10 & 24 August 14 & 28 September 11 & 25, 2014 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>June 2 & 16 July 7 & 21 August 4 & 18 September 15, 2014 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>Fall 2014 Location TBD</p>	<p>NAMI Basics For more information or to register, call: 1-866-399-NAMI (6264)</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>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</p>
<p>June 3 & 17 July 1 & 15 August 5 & 19 September 2 & 16, 2014 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>June 19, 2014 7:30 P.M. 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: “Path to Independence: Understanding the “Why” Michele Leahy, MS, Founder and CEO of M. Leahy & Associates</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.