



NAMI Pennsylvania

York County

National Alliance on Mental Illness

Editor: Rose Alberghini

October 2007

Inside this issue:

CCBH Meetings	2
Children & Adolescent News	3
Legislative Issues	4
NAMI Walks Photos	5
NAMI Conference	6
Care to Share Day	7
Important phone numbers	8

Upcoming Meeting Dates

York Support Groups

Location #1– Luther Memorial Evangelical Lutheran Church, 1907 Hollywood Dr. York (next to Suburban High School)

Time– 7:30-9:00 pm **Guest: Dr Russell Margolis from Johns Hopkins**

Date: Tuesday, October 2, 2007

Location #2– 140 Roosevelt Ave., 2nd Floor Conference room . (Park in the rear of the building.)

Time: 10:00 am-noon

Date: Thursday, October 11, 2007



New Freedom Support Group

Location– St. John Evangelical Lutheran Church, 175 E. Main St., New Freedom

Time– 7:30-9:00 pm

Date: Monday, October 15, 2007 **Sheryl Williams speaks on her recovery from Bipolar**

Contact Persons: Pat @ 717-227-0211; Sue @ 717-235-3294; Diane @ 717-235-0105

Hanover Support Group

Location– St. Mark Lutheran Church, 123 N. Charles St., Hanover, PA

Time: 7:00-9:00 pm

Date: Wednesday, October 3, 2007

Contact Person: Rodger Leister @717-637-3456

You may attend any or all of these meetings, no matter where you live.

Calendar:

Family to Family	9/13-11/29
Community Parade	10/6
MIAW	10/7-10/13
Go! Family Series	10/5-12/7
NAMI Conference	10/24-10/28

Contact Information

NAMI PA York County
140 Roosevelt Avenue
Suite 200
York, PA 17401
717-848-3784
ralberghini@nami.org

Dr Russell Margolis Presents Schizophrenia Program– October 2

Dr. Russell L. Margolis, Director of the Johns Hopkins Schizophrenia Program will be talking about his research on the genetic cause, origin and development of neurodegenerative disorders and identification of regions of unstable DNA that contribute to the cause of schizophrenia. There will be an opportunity to sign up to be part of this research.

NAMI

The Nation's Voice on Mental Illness

Rose Alberghini, Executive Director

NAMI PA, York County

140 Roosevelt Avenue, Suite 200

York, PA 17401

Office Hours: Monday-Friday 8-4

The supreme happiness of life
is the conviction of being loved
for yourself, or, more correctly,
being loved in spite of yourself.

Victor Hugo

Never put off until
tomorrow, the hug
you can give today.

Women's Empowerment Celebration

Celebrate the season by attending a costume party sponsored by the Victim Assistance Center (VAC) on Wednesday, October 24 from 6:00-9:00 pm at the Colonial Room at the Yorktowne Hotel. All women, including mothers and their daughters, are encouraged to dress up as a strong woman- from the past or present-whom they admire or who has inspired them; and tell a little bit about the woman they selected and why. What possibilities!

There will be refreshments and special speakers. Come and join the fun. Costumes, although encouraged, are not required.

For more information, call 848-3535.

NAMI's mission statement: NAMI is dedicated to the eradication of mental illnesses and to the improvement in the quality of life of all those who are affected by these diseases.

NAMI is a non-profit, grassroots, self-help, support and advocacy organization that was founded in Wisconsin in 1979. Its membership is composed of consumers, families and friends of people with severe mental illness. NAMI is represented in all 50 states, and there are over 1000 local affiliates.

Important Contact Information:

Family-to-Family Teachers: Danielle Dennis 244-9383

Dave Hamilton 252-5993

NAMI Pennsylvania 1-800-223-0500
<http://namipa.nami.org>

NAMI (National) 1-800-950-NAMI (6264)
e-mail: info@nami.org www.nami.org

Crisis Intervention Hotline 1-800-673-2496

Crisis Intervention (York) 851-5320

Suicide Hotline 1-800-SUICIDE (784-2433)

York/Adams MHMR 771-9618

Mental Health America 843- 6973

Community Treatment Team (CTT) 792-2976

Bell Socialization Services 848-5767

WellSpan- Edgar Square 851-1500

Parity Bill Passes Senate

September 18, the U.S. Senate passed the Mental Health Parity Act of 2007 (S 558), legislation requiring health plans to cover treatment for mental illness on the same terms and conditions as all other illnesses. The bill now moves to the House, where efforts are underway to move it forward later this fall.

The parity bill now moves to the House for consideration: Contact your member of Congress and urge them to support immediate House passage of S 558 so that the bill can be sent to the President. You can also send a letter to your Senators-Robert Casey and Arlen Specter- thanking them for supporting mental illness parity.

Need To Talk?

MHA's new "**Help Line**" is there for you. The number is **717-718-7711** or **1-866-697-0001**. At the present time, the hours are 5:00-9:00 pm Monday through Friday. This is NOT a crisis line. (Note: Of course, you can always call our office during daytime hours from 8-4 Monday through Friday at 848-3784)..

Community Care Behavioral Health (CCBH) Meetings for Families and Consumers

Consumers who use Medical Assistance for their behavioral health care are invited to participate in the CCBH Member Advisory Council; and their families are likewise invited to join the CCBH Family Advisory Committee. Attending these meetings will give you a chance to voice your concerns and state problems associated with mental health and drug and alcohol treatment you receive. You will be paid \$25 PLUS mileage for each meeting you attend. **The next meetings in Adams County will be November 7 at 1:00 pm for consumers at Adams Hanover Counseling Services, 33 Frederick St., Hanover; and 5:00 pm for family members at Adams County Library, 140 Baltimore St., 3rd floor, Gettysburg. The York County meetings are November 8 at 3:30 pm for consumers and 5:00 pm for family members at the United Way, 800 E. King St. in York. You MUST pre-register at 1-800-860-7041.**



Have you Been to Our Office Yet?

Look for this building, the William C. Goodridge Business Resource Center, on the northwest corner of Philadelphia and Roosevelt Avenue, across from the Roosevelt Tavern. Parking is available in the rear of the building. Please call before you visit to make sure I'm in the office. **REMINDER: OUR ZIPCODE IS NOW 17401.** No mail marked 17404 will be forwarded.

CANVAS Needs Your Help—No Matter Where You Live-

Film director and NAMI member Joseph Greco is asking NAMI affiliates for help in supporting the October release of the movie CANVAS (shown at the national convention). The movie offers a chance to educate a broad audience about mental illness and inspire hope. It will help eliminate stigma.

The film opens in New York City and Chicago on October 12th and in Ft. Lauderdale, Los Angeles, and Phoenix on October 19th. NAMI members who have family members, friends or professional colleagues who live in those cities are asked to encourage them-and their friends and acquaintances- to see the movie on the opening weekend. Whether the movie will be shown in other cities depends on how many tickets are sold that weekend. The movie will be released in DVD in February 2008, but now is the critical time to build the foundation for the broadest possible national audience to receive NAMI's message.

New NAMI Signature Education Program for Young Families

NAMI Basics: The fundamentals of caring for you, your family and your child with mental illness

NAMI's Education Department has created a program that is specifically designed for parents and other caregivers of children and adolescents. It provides the basics of what they need to know about the illnesses, the systems of care and how they, as caregivers, can navigate it all. The program makes it clear that this information is just the beginning – it lays a foundation. In addition to the core six week course, there will be free standing modules developed on specific topics (such as advocacy and transition issues) that can be offered separately by state organizations and/or affiliates.

NAMI Basics classes will begin in the pilot states of Illinois, South Carolina and Utah beginning in January. Other teachers will be trained in the Spring of 2008 in California, Connecticut, Indiana, New Jersey, North Carolina and Tennessee.

Thank You
Lyn & Skip!

What a great day for our family picnic! The weather was just perfect, the food was delicious and we were in the company of the best people.

Thank you Lyn and Skip McElhenny for being such gracious hosts.

Support Our Organization: Become a NAMI Member

Consider joining the NAMI family by becoming a member; or if you have been a member in the past, renewing your membership. You, along with 200,000 other NAMI members across the country, will help to improve the quality of life for those who suffer from mental illness. The benefits of membership include:

- ◆ Subscription to NAMI's quarterly newsletter, the *Advocate*, which features up-to-date articles on research, treatment and medications for brain disorders; the status of legislation on the national, state and local level; and other interesting editorials and columns,
- ◆ Subscription to NAMI Pennsylvania's newsletter, the *Alliance*,
- ◆ A 10% discount on books from the NAMI website,
- ◆ A 20% discount on the registration fee for NAMI conferences and
- ◆ A subscription to our NAMI York County newsletter.

Thanks to those who have joined since last month: Mary Zmijewski, Brenda Walker, Rosemary Boileau and Michael McElhenny. If you're unsure if it's time for you to renew, call Rose at 848-3784. Send your payment to: Lyn McElhenny, 61 Main St, Yorkana, PA 17406. Make checks payable to **NAMI York County**. You can also join on-line at www.nami.org. If you join on-line, our local NAMI chapter gets a larger portion of for membership fee. If you prefer NOT to have your name listed in the newsletter, please state so on your form.

From the Director

Dear Friends,

Mental Illness Awareness Week is October 7-13. I encourage every one of you to do your part to educate others about mental illness. We CAN erase stigma.

We know that recovery is not only possible, but is surely a reality for

most of us. I'm not saying that it is easy; there will be challenges, but EVERYONE faces those whether they have an illness or not.

It's up to us to spread this positive message of hope and open the eyes of the people around us.

Do this in your own

unique way, whether it be writing an article for the newspaper (or our newsletter) or educating one of your friends or family members or just admitting to someone that you have an illness.

Together we can make a difference.

Rose

Volunteers Needed

Our "Hearing Distressing Voices" trainings are going very well. We already have several planned for October and November during daytime, as well as, evening hours. We need 6-8 volunteers for each training. It involves a 4 hour time commitment. Please call 848-3784 for more information.



The Director Is In!

Announcements for Parents of Children and Adolescents

York County Parent Advisory Forum meets October 16 from 6:30- 8 pm at the Dallastown Area High School (Enter at back door #2.) Each meeting includes:

- FREE dinner
- Special Speaker
- Open Forum
- FREE childcare by certified childcare workers.

Call Kim Baker @771-9347 to register to attend.

PAR-NET (Parents Networking) meets October 8 @ 6:00 pm at The Evangelical Free Church, 109 Flickinger Rd., Hanover. The mission of this group is to represent families with children and adolescents who are in the mental health system in York & Adams County. You will be reimbursed \$25 for your time by Healthchoices. Call 843-6973 Ext. 118

Car Magnets



\$2.25 for members

\$3.00 for non-members

Mental Illness Awareness Week

“Bipolar Disorder Awareness Day” (BDAD) is held each year on the Thursday of MIAW to encourage further understanding and promote early intervention and treatment for this mental illness.

MIAW and BDAD are NAMI’s premiere public awareness and public education campaigns that link NAMI National to the organization’s over 1100 local affiliates across the country.

MIAW 2007 Theme—Building Community. Taking Action

Real recovery from mental illness requires community action, understanding, and teamwork. Recovery is possible because of improved science, better community supports, and reduced stigma, but significant barriers still remain. Services are at risk, there is minimal insurance available for those who work, and stigma, though less today than when MIAW was founded, is still prevalent. This week is our opportunity to bring this to light.

Join us at CSP’s Candlelight Vigil Tuesday, October 9, 6:30-8:30 pm at St. Matthew Lutheran Church, 839 W. Market St., York.

Established in 1990 by Congress, the first week of October is designated as “Mental Illness Awareness Week” (MIAW) in recognition of NAMI’s efforts to raise mental illness awareness.

NAMI National Public Platform Statement on Involuntary Commitment

NAMI National issued a new Public Policy Platform about involuntary commitment in November 2006. Their policy statement on involuntary commitment now includes the following:

(8.2.8) Current interpretations of laws that require proof of dangerousness often produce unsatisfactory outcomes because individuals are allowed to deteriorate needlessly before involuntary commitment and/or court-ordered treatment can be insti-

tuted. When the "dangerousness standard" is used, it must be interpreted more broadly than "imminently" and/or "provably" dangerous.

(8.2.9) State laws should also allow for consideration of past history in making determinations about involuntary commitment and/or court-ordered treatment because past history is often a reliable way to anticipate the future course of illness.

Since our current law in Pennsylvania under the Mental Health Procedures Act of 1976 requires proof of dangerousness - "clear and present danger to self or others"- and does not allow past history, only behavior or symptoms that have occurred within 30 days prior to an involuntary commitment, SB 226 will help to change these out-dated requirements for those with a history of hospitalizations and/or incarcerations.

IMPORTANT! PA Legislation— Court Ordered Treatment IMPORTANT!

Have you ever been frustrated by trying to get your family member to comply with treatment after they are released from the hospital? There is a current bill (SB 226) that will work to correct this by permitting court ordered outpatient treatment. Information and evidence such as past history and input from families will be assessed to determine whether the individual meets the legal criteria for court ordered treatment. This law is modeled after New York State’s Kendra’s Law.

PA State Senator Edwin Erikson, Chair of the Public Health & Welfare Committee will be holding a public hearing on this issue on October Tuesday, October 2 from 9:00-11:30 am in Hearing Room One, North Office Bldg. of the State Capitol in Harrisburg. I will be testifying. There is no more space to testify in person, but you can submit a written testimony at mhansaria@pasen.gov. This is an important way to use your voice to make changes in the system!!

NAMIWALKS For the Mind of America 2007



Under sunny skies and accompanying brisk winds, NAMIWALKS was held on Saturday, September 15 at the Capitol in Harrisburg. We had 21 people, including four from Oasis House, and two dogs that participated. This was more than 3 times what we had last year. We had a GREAT time. It is estimated that there were about 800 walkers there.

Besides walking, we were treated to the awesome voice of 14 year old *Tara Aucker* and the cool sounds of the group *3 Trains Comin'*.

NAMIWalks for the Mind of America is a nationwide fundraising and mental health awareness program that will be held in 50 communities around the country in 2007.



Thanks to those who participated and to those who donated and raised money to support the services and goals of NAMI. So far \$21, 000 has been raised.

Lori Edwards, who designed the winning t-shirt (on left) and Jennifer Guzzino. Note: Our t-shirts were a BIG hit! (Many thanks to WellSpan Behavioral Health for sponsoring the shirts.)



Lori's grandson, Vinnie, and Michelle Warren's dog, Butterscotch. Sorry, Michelle, Butterscotch got all the attention.

NAMI Conference Calls

Dr Kenneth Duckworth gives lectures twice each month that are accessible through a toll free website. Issues concerning childhood and mental illness are available on the 3rd Friday of the month, while adult topics are covered on the 4th Friday of each month. The phone number for both is 1-888-8508-6021. After you're connected, key in number 309918.



GO! Series, Our Families- Don't Miss It!

Check out the enclosed brochure for all the activities we have planned as part of the Fall 2007 GO! Series. The series runs through December 6, and includes a speaker series, art show, photo exhibit, mental illness simulation; and culminates with the appearance of Pete Earley, author of *CRAZY: A Father's Search Through America's Mental Health Madness*. Funding for these events was provided through a grant by the York County Community Foundation.

 **NAMI Pennsylvania - York County**
National Alliance on Mental Illness

**Supporting people
 with mental illness
 & their families.**
 phone 717-848-3784
 or 800-223-0500



York/Adams
 MHMR & D & A
 Program Advisory
 Board
 3rd Friday each
 month
 12:00-2:00 pm
 At the Holidome
Guests welcome.
 Call: Gillian Foster
 at 771-9618
 To reserve a space

NAMI PA Annual Conference
Mental Illness and Violence, A Family Perspective

This year's NAMI PA Conference will be held Oct. 24-28 at the Radisson Penn Harris in Camp Hill . Featured presenters include:



Kathryn Seifert, Ph.D.
 "How Children Become Violent"

Tom Wootton
 "Mastering Rage- The
 Root Cause of Violence"

Barbara J. Burns, Ph.D.
 "Evidence-Based Practices in
 Children's Mental Health"

MHMR has generously agreed to pay for 6 individuals to attend the conference. There may also be some scholarship money still available from NAMI PA. (An application form was attached to last month's newsletter.) You MUST be a NAMI member to apply. Call 848-3784 ASAP for more information or to request funding.

Community Wide Parade: We Need YOU to March!

The School District of the City of York and their Accelerated Studies Parent Focus Group have invited us to participate in their 2nd annual community-wide parade on Saturday, October 6 at 11:00 am. The parade route will start at Penn Park and end at Small Field.

The theme this year is "The Freedom to Choose: Education First". We at NAMI consider education as one of our most important goals; and getting information about mental illness at an early age is the

best place to start. We will be wearing our NAMI Walks t-shirts.

We need volunteers to make signs and a banner and most important of all, we will need MARCHERS! It should be a lot of fun and a great way to get our name out there.

Call Danielle at 244-9383 or Rose at 848-3784 if you would like to help or participate in any way.



“Who Do You Think You Are?”

Did you ever wonder who you are?
 What about where you came from?
 Did you ever look deep inside yourself?
 What did you find?
 Answers?
 Or more questions?

So much thought is put into who we are on the outside.
 That we either fit in or we do not.
 To judge or to be the one who judges
 Do not throw those stones at any glass houses.
 The skill of listening is unique.
 Not all of us have it .

So...let's look inward
 Where no one has gone before.
 Find the beauty inside of you.
 That has never been touched.
 Watch as you evolve into something more than
 you ever were before...
 Who have you become?

All of your questions answered?
 Is this what recovery is to you?
 Find it...
 Keep it...
 Make it your own...
 RECOVERY is who YOU are...
 It becomes you!!

Submitted by Tracy Helmes

LHOT (Local Housing Options Team)

LHOT met on September 24. This committee was formed to address housing needs in York County. Consumers and family members are especially encouraged to attend these meetings.

The mission statement was voted on and is as follows: The mission of the York/Adams LHOT is to provide safe, accessible and affordable housing opportunities

for individuals with serious mental illness by utilizing a comprehensive array of essential supports and services.

Kim Wildasin presented a sample of a Housing Survey and asked committee members to review, comment on and make suggestions. The survey will be given to consumers who currently have housing, as well as those who don't.

LHOT's top priorities are for:

- Transitional youth ages 18-30
- The prison population
- Additional CHIPPS apartments, crisis diversionary residences (CDR), and extended acute care (EAC) residences.

The next meeting will be Nov. 21 at 9:00 am at MHMR, 100 W. Market St., York.

Care to Share Community Day at the Bon Ton – Support NAMI! BUY NOW!

As a fundraiser to cover part of the expenses for bringing author Pete Earley to York on December 6 (See enclosed GO!, Family Series brochure.) , we are selling Bon Ton Coupon Booklets for their *Care to Share Community Day*. The shopping event will take place on Saturday, November 10, beginning at 6:00 am. You can purchase a booklet for \$5.00; the entire \$5.00 goes to NAMI York County. One of the coupons in the book is worth \$10, so you more than make back your money, even if you just use that coupon. PLUS if we sell a minimum of 50 booklets by November 2, we are eligible to receive a bonus check,. We will also be selling the booklets at the Bon Ton at the Galleria on October 20, 10-noon. Volunteers welcome.

PLEASE help us out by purchasing one of these booklets. You have nothing to lose. You can mail your check, visit the office, or purchase one at our meeting.

