NAMI is a non-profit, grassroots, self-help, support and advocacy organization, 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, with over 1000 local affiliates. NAMI recognizes that the key concepts of recovery, resiliency and support are essential to improving the wellness and the quality of life of all persons affected by mental illness.

**Inside this issue:**

- Thank You to York College Psychology Club!  2
- Important Dates  3
- NAMI York County Support Groups  4
- What is Gaming Disorder?  5
- Brain Awareness Week  6
- Fight Stigma & Discrimination  7
- Bell’s Big Bed Race  8
- Movie Screening of “Suicide: The Ripple Effect”  9
- Kick Butts Day  10

**Follow us on Facebook - NAMI York County PA**

https://www.facebook.com/NAMI-York-County-PA-77283832901

**Follow us on twitter at @NAMIYorkCounty**

---

**Give Local York**

A fun and inspiring 24-hour online giving event, Give Local York will be the largest one-day Give in York County history. The goal is simple: inspire York Countians to come together, show pride in their community and contribute to support the life-changing work of local nonprofits.

For the first time ever, on May 4, 2018, York County will be transformed into a community-wide celebration of generosity that benefits hundreds of nonprofit organizations serving York County, presented by the York Federal Fellows Alumni.

Give Local York unites donors, businesses, and organizations in giving back to the communities where we live, work and play. On May 4, every dollar donated at www.givelocalyork.org is stretched with bonus funds provided by our generous sponsors, adding excitement and incentives, while raising essential funds for the work of local nonprofits.

From First Friday activities to dine outs, flash mobs and more, Give Local York will unite organizations and individuals for 24 hours as part of a deeply engaging fete of good work and giving back in York County.

Stay in the know: [sign up for the Give Local York mailing list](#)!
It’s A Healthy Breakfast with Deb Bixler

Start the day off right with a healthy breakfast!

Eating on the run?
Learn how to make it a healthy one!

Serving a crowd or just cooking for one or two? Make it in a breeze!

This class will teach you how to make breakfast fun, fast and healthy for everyone!

Free Samples

Bell Socialization Services
160 S. George St., York, 17401
Thursday, March 29th, 2018, 12:45 pm
Karen Roland, 717.848.3784

Keystone Beard and Mustache Championship
Saturday, April 28th
8:00 pm - 1:00 am
Tourist Inn, 671 W. Market St., Hallam, 17406
This 21-and-over event will featured some of the best facial hair on the east coast along with live music from God Bless our Mobile Home and various vendors. Money raised from the event will benefit NAMI York County.
https://www.facebook.com/events/913883178784798/?active_tab=about

Comedy Album Recording/NAMI Donation Drive
Sunday, April 29th
5:00 pm - 7:00 pm
York JCC (Jewish Community Center)
2000 Hollywood Drive, York, 17403
FREE event, brought to you by Weary Arts Group, with donations being accepted to benefit NAMI York County PA.
Those who donate will also receive a free download of the album once it is released.
https://www.facebook.com/events/157627448373810/

Inclement Weather Policy

If any NAMI meetings or activities are scheduled, and you are unsure if they will be held because of the weather, check our website at www.namiyork.org or call the office at (717) 848-3784. If you call the office a recorded message will let you know if the meeting or activity has been cancelled. If in doubt, or if you are uncomfortable driving, play it safe!

Thank you to York College Psychology Club!
The York College Psychology Club invited us to a “stomp out mental health stigma” event at the college. People were asked to purchase a green balloon for $1.00, write a stigmatizing word on it, and then pop the balloon. All monies raised were given to NAMI York County.
MARCH 2018

MARCH 6 - NAMI Family Member/Caregiver Support Group, 6:30 pm-8:00 pm, Luther Memorial Church, 1907 Hollywood Dr., York, 17403

MARCH 8 - Class #1 - Family-to-Family - York

MARCH 11 - Daylight Savings Time

MARCH 12 & 13 - NAMI Keystone PA Conference

MARCH 15 - NAMI York County Board of Directors Meeting - noon at the NAMI Office

MARCH 17 - St. Patrick’s Day

MARCH 20 - Spring Begins

MARCH 30 - Good Friday

Joining NAMI Helps EVERYONE!

Thank you to the following who joined or renewed their memberships last month: John Venanzi, and Grant Celley.

Please check here _____ if you do not want your name listed in the newsletter.

Dues are for one year and are Tax Deductible. Donations are welcome and are also Tax Deductible.

(Please print clearly)

NAME___________________________________________________Date___________________________
STREET____________________________________________________________________________
CITY_______________________________________STATE_____ZIP______________________________
PHONE (H)__________________________________(C)_________________________________________
E-MAIL ______________________________________________________________________________

The Regular and Open Door Membership prices are per person.

_____ Regular Membership $40.00
_____ Open Door Membership $5.00  *For an individual with limited resources*
_____ Household Membership $60.00
_____ Donation $_______________

Double or triple the impact of your donation at no additional cost! Please check with your employer’s Human Resources Department to see if your donation can be matched through a company matching gift program.

NAMI York County is open to all individuals subscribing to its purpose. All members receive NAMI newsletters and are automatically affiliated with the National Alliance on Mental Illness (NAMI). NAMI York County is a non-profit organization under Section 501(c)3 and all dues and donations are tax-deductible. Official registration and financial information of NAMI York County may be obtained from the PA Department of State by calling toll free within PA 1.800.732.0999. Registration does not imply endorsement.

Going Green Saves Paper and Postage!  Do your part for the budget ( and the environment) by receiving your copy of the newsletter electronically. Your copy will be in color, and gets to your mailbox quicker!

Just send your e-mail address to: ddennis.nami@gmail.com
NAMI York County Support groups

The **NAMI Family Support Group** is a monthly support group for family members, partners and friends of individuals living with a mental illness. It meets the first Tuesday of each month at Luther Memorial Church, 1907 Hollywood Drive, York, 17403 from 6:30-8:00 pm. Facing the church from the road, park in the lot on the left side of the church and enter through the double glass doors.

**NAMI Connection** is a weekly support group for people living with a mental health condition. Two locations and times. Every Wednesday at Luther Memorial Church, 1907 Hollywood Dr., York, 17403 from 6:00-7:30 pm and every Thursday at 140 Roosevelt Ave., York, 17401 from 10:00-11:30 am.

The **NAMI Connection Support Group**, that was held at the Lewisberry Community Center, is currently on hiatus.

**Please check our website, [www.namiyork.org](http://www.namiyork.org), for any updates to this particular Connection Support Group**

---

**Important Contact Information:**

- Assertive Community Treatment (ACT) ................................................................. 717.792.2976
- Bell Socialization Services ................................................................. 717.848.5767
- Catholic Charities Counseling ................................................................. 717.845.2696
- Crisis Intervention ................................................................. 717.851.5320 / 1.800.673.2496
- Crisis (mobile) .............................................................................. 1.866.325.0339
- Dept. of Human Services (formerly Dept. of Welfare) ................................................................. 717.771.1100
- Disability Rights PA (formerly Disability Rights Network) ................................................................. 1.800.692.7443
- Mental Health America (MHA) ................................................................. 717.843.6973
- MH-IDD (York/Adams) ................................................................. 717.771.9618
- NAMI York County ................................................................. 717.848.3784
- NAMI National .............................................................................. 1.800.950.NAMI (6264) / e-mail: info@nami.org / [www.nami.org](http://www.nami.org)
- PA 2-1-1 (formerly FIRST) Resource Directory ................................................................. 2-1-1
- SAM (Service Access & Management) ................................................................. 717.848.8744
- Social Security Admin ................................................................. *New #* 1-888.329.5732
- Suicide Hotline ................................................................. 1-800-SUICIDE (784.2433)
- Susquehanna Valley Community Mental Health Services ................................................................. 717-739-6576
- TrueNorth Wellness Services ................................................................. 717.632.4900
- WellSpan– Edgar Square ................................................................. 717-851.1500
- WellSpan– Meadowlands ................................................................. 717.851.6340

[Pa.networkofcare.org](http://www.pa.networkofcare.org)

[Strengthofus.org](http://www.strengthofus.org) (social networking site for young adults)

[http://www.bphope.com](http://www.bphope.com)

[http://www.hopetocope.com](http://www.hopetocope.com)

[www.pahousingsearch.com](http://www.pahousingsearch.com)

[www.trueacceptance.com](http://www.trueacceptance.com), a free relationship community for adults with mental illness

[Iwilllisten.org](http://www.iwilllisten.org)  #IWILLLISTEN
What is gaming disorder? Source: World Health Organization January 2018

Gaming disorder is defined in the draft 11th Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior ("digital-gaming" or "video-gaming") characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.

For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months.

What is the International Classification of Diseases?
The International Classification of Diseases (ICD) is the basis for identification of health trends and statistics globally and the international standard for reporting diseases and health conditions. It is used by medical practitioners around the world to diagnose conditions and by researchers to categorize conditions.
The inclusion of a disorder in ICD is a consideration which countries take into account when planning public health strategies and monitoring trends of disorders.

WHO is working on updating of the ICD. The 11th revision of the International Classification of Diseases (ICD-11) is scheduled for publication in mid-2018.

Why is gaming disorder being included in ICD-11?
A decision on inclusion of gaming disorder in ICD-11 is based on reviews of available evidence and reflects a consensus of experts from different disciplines and geographical regions that were involved in the process of technical consultations undertaken by WHO in the process of ICD-11 development.
The inclusion of gaming disorder in ICD-11 follows the development of treatment programs for people with health conditions identical to those characteristic of gaming disorder in many parts of the world, and will result in the increased attention of health professionals to the risks of development of this disorder and, accordingly, to relevant prevention and treatment measures.

Should all people who engage in gaming be concerned about developing gaming disorder?
Studies suggest that gaming disorder affects only a small proportion of people who engage in digital- or video-gaming activities. However, people who partake in gaming should be alert to the amount of time they spend on gaming activities, particularly when it is to the exclusion of other daily activities, as well as to any changes in their physical or psychological health and social functioning that could be attributed to their pattern of gaming behavior.

What is the difference between DSM-5 and ICD-9?
Published: June 17th, 2015 By: Chris Woolstenhulme, QCC, CMCS, CPC, CMRS

Both DSM-5 and ICD-9 codes are used for diagnosis and are exactly the same codes. For reporting purposes it is required to report ICD-9 codes to insurance payers. Most payers require ICD-9 codes to be billed on electronic or paper claims. Therefore, the codes are the same in DSM as in ICD-9, however keep in mind the descriptions may be different.

DSM uses a different pathway directing them to the code used for billing. DSM endorses most Behavioral health ICD-9 codes, however some ICD-9 codes are excluded in DSM-5.
The most important aspect of using DSM and ICD-9 is that the diagnosis supports the treatment and is medically necessary.

Since October 2015, everyone is required to report diagnosis codes using ICD-10.
Bipolar & Life: 4 Things to Improve Your Life Today

While there’s a host of things that will help you live a fulfilling life with bipolar disorder, these will give you immediate results:

#1 Connect with other people
It’s human nature to want to feel connected to those around us. Peer support groups allow individuals and families to learn from others in their situation how to best monitor and manage symptoms. Advice coming from “teammates” with lived experience is sometimes easier to absorb. But such encouragement should be evidence-based, so checking in with clinicians should be routine.

#2 Take care of your body
Beneficial changes occur in the brain following regular exercise. Just 15 to 20 minutes of physical activity will stimulate the production of brain chemicals that make you feel happier, more energetic and increase your sleep quality. Also, pay attention to the medicinal value of what you eat. Food affects so much more than just the needle on the scale. The nutrients from fresh whole foods can benefit your gut and your mood. It’s important to cut out junk/fast food and simple sugars; instead opt for fresh, non-processed foods that will feed both your body and your brain.

#3 Care for your thoughts
Thoughts influence moods. Recognize the role that your negative thoughts play in causing you stress and the settings in which that tends to occur. Then “cut those thoughts off at the pass” as soon as they start to form. Knowledge is power and it heals. And self-knowledge plus action introduces one of the most effective players—you—in your recovery.

#4 Keep track of how you are doing
You can create a chart or graph on paper to monitor your daily moods, but many smartphone apps now make this task easier. Some also keep track of exercise, weight, alcohol intake, and other variables. Pick out the ones that list elements that are most important to you.

Source: https://www.bphope.com/bipolar-buzz/bipolar-life-4-things-to-improve-your-life-today/

Top 10 facts about author the brain

BRAIN Awareness Week (dana.org/BAW) is March 12-18, 2018, campaigning to raise awareness of the progress and benefits of brain research.

1. In the 4th century BC Aristotle thought that the heart was the seat of intelligence and the brain was a cooling mechanism for the blood.
2. He thought that the reason humans are more rational than beasts is that their larger brains cool their hot-headedness.
3. The average adult brain weighs about 3.3lb and contains about 86 billion nerve cells (neurons).
4. The brain accounts for about 2 per cent of our weight but uses about 20 per cent of our energy.
5. The brains of some ant species account for up to 15 per cent of their total weight.
6. The word “brain” does not occur in the King James Bible.
7. Neanderthals’ brains were about 10 per cent larger than those of homo sapiens.
8. Coca-Cola was first marketed in 1886 as a “brain and nerve tonic”.
9. Two of the leading British neurologists in the first half of the 20th century were Henry Head (1861-1940) and Walter Russell Brain (1895-1966). The latter became editor of the journal Brain.

Source: https://www.express.co.uk/life-style/top10facts/778175/brain-awareness-week-brain-research-facts
You can fight stigma in many ways:

**Be positive.** Respond to people who have a mental illness as individuals. Learn about the person and deal with him/her on the basis of your knowledge, not your assumptions.

**Learn.** The more you know, the more you can help. Listen to people with mental illnesses. Understand they have the same basic needs and human rights as everyone else. Education is the key to eliminating stigma and discrimination.

**Change your language.** Words shape perceptions. Describe the person first, not the illness. (For example, Sue is a person living with schizophrenia, or a person who has schizophrenia; not a schizophrenic.) The illness is only part of who that person is. Avoid using disparaging language – “lunatics,” “crazies,” etc. — when referring to people with mental illnesses.

**Support people.** Support the efforts of people with mental illnesses to reenter society – to obtain meaningful work and decent affordable housing. Give people recovering from a mental illness what they need most: a chance.

**Speak up.** Don’t be afraid to let others know of your mental illness or the mental illness of a loved one. As long as mental illness remains hidden, many people will believe it to be a shameful thing that needs to be concealed. Speaking up about mental illness can be empowering for individuals with a mental illness by helping to relieve the “internalized stigma” they feel.

**Demand change.** Policies that perpetuate stigma and discrimination – poorer health insurance coverage of mental illness than physical illness; limited funding for research into the causes and treatments of mental illness; inadequate budgets for mental health services – can be changed if enough people insist on change. [Contact your elected representatives.]

**Organize.** Bring together people in your community that are leaders – local business, faith leaders, police officers, the media – and educate them on how mental health affects them and the community. (A great way to really get your point across.)

*Source: Mental Health Association & (Some material for this section was taken from Ten Things You Can Do To Fight Stigma by Otto F. Wahl, Ph.D.)*

---

**All NAMI education courses and support groups are FREE and open to the public. All groups and education courses are confidential. Although membership and donations to NAMI York County are always welcome, you do not need to be a NAMI member in order to participate in groups or courses.**

---

National Alliance on Mental Illness York County
140 Roosevelt Avenue, Suite 105, York, PA 17401
Office Hours: Monday-Friday, 8:00 am-4:00 pm
Susan Hein, Executive Director  Danielle Dennis, Program Specialist
Our office is located in the Industrial Plaza of York, on the corner of Philadelphia and Roosevelt Avenue, across from the Roosevelt Tavern. Parking is available in the lot facing Philadelphia Street. Enter through the front door (facing Roosevelt) of the building.

*We are a 2 employee office—Please call ahead to make sure there is someone in the office.*
Effective April 1, 2018, NHS Human Services, Inc. will change their company name to Merakey.

Merakey is inspired by a modern Greek word meaning to put something of yourself into your work; or to do something with soul, creativity or love.

---

Get geared up, fluff your pillows, and grease your wheels!

**Register Now!**

**A MyWellSpan account is required to participate**

For more information visit 10poundthrowdown.com

---

The York County Library’s budget for 2018 has been cut by approximately $300,000.

The York County Library system needs the community’s help and are asking residents to go to their website at yorklibraries.org and send a quick message to the Commissioners asking them to Restore York County Libraries’ Funding or go to savemylibrary.yorklibraries.org or #SaveMyLibrary or #RestoreYCLfunding

---

**Get geared up, fluff your pillows, and grease your wheels!**

The THIRD annual Bell’s Big Bed Race is scheduled for Saturday, April 21, 2018, from 9:00 a.m. to 12:00 p.m.

**WHAT TO EXPECT** Bell’s Big Bed Race is a quirky, super fun, family-friendly event to raise funds and awareness for all the great work accomplished by Bell Socialization Services in the past 50 years, and specifically the programs that help local people find safe, affordable housing, including a bed to sleep in at night.

Teams of five — four pushers and one rider — build and decorate race-worthy beds and race against other teams in one-on-one heats with spectators cheering them to a rousing, high-energy win.

Event day kicks off at 9:00 a.m. with a Parade of Beds led by the 2018 parade Grand Marshal. Racing begins immediately after the parade and will run until about 11:30, concluding with the awards presentation.

**GETTING THERE** The 2018 event will be held on N. Beaver Street, in York, just a half block from downtown York’s Go Green in the City festivities happening the same day from 10-3. For directions to the event site from where you live, use 135 N. Beaver Street, York PA 17401 on maps.google.com.

Event PARKING should be available in the gravel lot just a little north and across the street from the event location on Beaver Street. There will be signage on the day of the event to direct you.

To get the official scoop on building your team and your bed, or register to race, visit https://bellsocialization.com/bells-big-bed-race/ or call Bell Socialization at 717-848-5767.
Financial Wellness Workshop

Guiding Hearts with Hope continues to stay focused on the importance of balancing all dimensions of wellness. Many people think about “wellness” in terms of physical health only. Wellness, however, is much more than physical health. Wellness is also financial and how stressful we become with financial concerns.

Guiding Hearts with Hope is offering a FREE workshop to the public, facilitated by PRIMERICA Financial Service. Pre-registration is required at advocacymom@embarqmail.com

Date: Wednesday, March 7, 2018 at 7:00 PM
Location: Hillside Medical Center Conference
250 Fame Ave., (Entrance A), Room Suite 209 Hanover, PA 17331

FREE WORKSHOP BUT SPACE IS LIMITED
Questions contact Martha King at 717-968-3083

Join Guiding Hearts with Hope for a COMPLIMENTARY financial wellness workshop to learn about:

- The three different savings accounts you need
- Ways to reduce debt
- Retirement saving strategies
- How my life insurance really works
- The high cost of waiting to save… and more!

Movie Screening of “Suicide: The Ripple Effect”

HANOVER MOVIES 16
TUE, MAY 08, 2018 at 7:30 PM

$12 Tickets are on sale now!
For description of movie and to order tickets go to https://namiyork.org/movie-screening-suicide-ripple-effect/
Kick Butts Day (KBD) - March 21, 2018

Kick Butts Day is a national day of activism that empowers youth to speak up and take action against tobacco use coast to coast. It’s a great way to get students, family, friends, co-workers involved in their community.

Does your school or organization have a Tobacco Resistance Unit (TRU)? All TRU groups in York County are invited to let the tobacco companies know how they feel about their products, how they sell them, and where they sell them by creating cigarette packs (tombstones) and/or posters letting the tobacco companies know how they feel.

For more information on this activity, visit [https://www.kickbuttsday.org](https://www.kickbuttsday.org), then search for “Airing Out Big Tobacco’s Dirty Laundry” or “Tombstones.”

For questions, contact Leah Neiderer, Chair of Tobacco-Free York County, WellSpan Health, 605 S. George St., Suite 160, York, 17401, phone: (717) 851-5805, Fax: (717) 848-6618, or Email: lneiderer2@wellspna.org.

Did you know…..?

- One in five people will die of a tobacco related disease in the United States this year

- The tobacco industry spends $25 million per day on advertising their products or about $1 million every hour

- Tobacco company advertising and promotion influences people to start using tobacco

- The top three brands among adolescents and young adults are Marlboro with a 46.2% preference, Newport with 21.8%, and Camel with 12.4% preference

**Freedom From Smoking** is an eight session clinic designed to help people quit smoking, fight the addiction and develop a tobacco-free lifestyle. The program was developed by the American Lung Association and is provided by WellSpan Health. The first session in York will begin on May 1st from 5:00 pm - 6:30 pm, at the Lorretta Claiborne Building, 605 S. George St., Suite 160, York, 17401. For more information about other locations (Gettysburg or Hanover), or to register: Call (800) 840-5905, (717) 851-5857 or visit [www.wellspan.org](http://www.wellspan.org).

The **Tobacco Cessation Program** and **Nicotine Support Group**, are offered by UPMC Pinnacle Memorial. The Tobacco Cessation program is a six week program to help people quit smoking and “stay quit.”

The Nicotine Support Group meets the first and third Tuesday, from 6:30 pm - 7:30 pm. This group is free to those who are nicotine-free, or who want to become nicotine-free. For more information on the UPMC Pinnacle Memorial groups: Call (717) 849-5463 or email Pam Miller at Pamela.Miller@pinnaclehealth.org

---

**Free Tax Preparation Available to Income-Qualified Households**

The SpiriTrust Lutheran Volunteer Income Tax Assistance program offers tax help to households who made $54,000 or less in 2017 and need assistance in preparing their own tax returns. The program also provides free online self-assisted tax preparation for households who made $62,000 or less in 2017.

You will have three filing options to choose from:

**Option 1** - In Person Tax Preparation and Filing - Call 717-854-2244 or toll free 888-629-4095

**Option 2** - Scheduled Drop-Off Service - Call 717-854-2244 or toll free 888-629-4095

**Option 3** - Online Tax Preparation and Filing - Visit [www.myfreetaxes.com](http://www.myfreetaxes.com) to complete and file your return for free any time of the day or night.