



National Alliance on Mental Illness

The Voice

The Courage to Speak About Suicide

NAMI Southwestern PA brings open, hopeful dialogue to the topic of suicide

The impact of suicide is undeniable. Every death by suicide profoundly affects six to eight loved ones. Today, there are an estimated 4.7 million survivors of suicide. By identifying biological and emotional causes of suicide, recognizing risk factors and warning signs, and improving treatments, the lives of tens of thousands of Americans who struggle with suicidal thoughts each year could be saved. Also, by understanding suicide and eliminating stigma, millions of suicide survivors could more effectively work through their grief by freely sharing the life

stories of the loved ones they have lost. A message of hope needs to accompany the dialogue of suicide.

“Today, 60 percent of all Americans are touched by suicide in some way, and two of every 10 people in our nation will lose a family member to suicide at some point during their lifetime,” explains NAMI Southwestern Pennsylvania Board President Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Value Behavioral Health of Pennsylvania.

“It’s time to shine a light on suicide, to bring hope to those who have come face to face with its devastation, and to find a way to reverse discouraging statistics about suicide in the future.” says Dudley.

Statistics of Suicide

According to the Centers for Disease Control and Prevention (CDC) there were 40,600 deaths by suicide (one every 12.9 minutes) in 2012, making suicide the 10th leading cause of death in America. According to CDC data, at least one million people attempt suicide annually. More than 90 percent of people who complete suicide suffer from one or more serious mental illnesses, and 20 percent of those who die by suicide have made a prior attempt.



Ian Cummins, keynote speaker, *The Road Less Traveled: Raising Suicide Awareness Across America*

The National Institute of Mental Health reports that suicide is one of the top three leading causes of death for young people ages 15 to 24, following accidents and homicides, while suicide is the second leading cause of death among college-age students. Pennsylvania has seen a 24 percent increase in the incidence of suicide over the past decade. The American Foundation for Suicide Prevention (AFSP) reports that nearly nine million adults have serious thoughts of suicide (about 4 percent of the American population) in any given year.

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From the Desk of the Executive Director

Christine Michaels, MSHSA
Executive Director, NAMI Southwestern Pennsylvania

It's 2015, the beginning of a new year that arrives with excitement and hopefulness that "good things" are on the horizon. Here at NAMI Southwestern Pennsylvania, we are looking forward to all of the many educational opportunities we will bring to the community this year. This edition of the newsletter highlights the breadth and depth of our growing educational portfolio. *NAMI Basics* and *NAMI Smarts* are two NAMI national signature programs, proprietary programs for which we have certified, trained instructors on staff to teach, in addition to *NAMI Family-to-Family*. We have also added Youth Mental Health First Aid to complement our Mental Health First Aid training capacity.

This newsletter is the "NAMI Walk" edition, which celebrates our 8th Annual NAMI Walk and its great success. An added endeavor this year was our first suicide awareness conference; *The Road Less Traveled: Raising Suicide Awareness Across America*.

In the Spotlight, keeping with the education theme, we introduce our newest NAMI staff person: a family member and an experienced educator. Please meet Julie Trbovich!

Education and information permeate everything we do at NAMI Southwestern Pennsylvania. Education and information are the key to battling stigma and ending discrimination. Educated consumers and family members are empowered with information and supported by knowledge. An experience of learning and acquiring knowledge provided by NAMI instills confidence in the hope of a better tomorrow and a brighter future.

NAMI wishes you a healthy and happy 2015!

Christine Michaels, MSHSA
Executive Director, NAMI Southwestern Pennsylvania

NAMI Southwestern Pennsylvania Mission Statement

NAMI Southwestern Pennsylvania is dedicated to improving the lives of individuals and families affected by mental illness through recovery focused support, education and advocacy.

Public Policy Updates

PA Governor and Budget Updates



Newly elected Governor Tom Wolf will be inaugurated on Jan. 20, 2015, the first official session day for the PA Senate and House. The Governor's budget address is scheduled for Tuesday, March 3. For the first year only, a new administration can opt to deliver the budget proposal in March rather than February.

The most recent budget update for the current 2014-2015 fiscal year indicates a "structured deficit" of nearly \$2 billion. Governor-elect Wolf has established a Budget Deficit and Fiscal Stabilization Task Force. Despite the projected deficit, revenue is strong and exceeding projections.

Medicaid Expansion in PA

Healthy Pennsylvania (*Healthy PA*), Gov. Tom Corbett's alternative to regular Medicaid expansion, will bring changes to the existing Medical Assistance coverage packages as well as introduce a *Healthy PA* Private Coverage Option (PCO). However, Governor-elect Tom Wolf stated early in his campaign that he would bring regular Medicaid expansion to Pennsylvania. Unfortunately, it appears that *Healthy PA* must be implemented as planned in order to bring healthcare coverage to the uninsured while the new administration develops a plan to stop *Healthy PA* and implement regular Medicaid expansion.



Estelle Richman, former Secretary of the Department of Public Welfare, was appointed to lead the transition plan from *Healthy PA* to regular Medicaid expansion. It will probably be several months before a transition plan from *Healthy PA* to regular Medicaid can occur. *Healthy PA* begins Jan. 1.

Other Updates

Update on the Call to Action for a vote on House Resolution 1018, calling for a legislative study of the 10 percent MH funding cuts in 2012: no roll call vote was ever recorded.

Although HR 1018 was voted out of committee and on the calendar, it was never brought up for a vote.



On Nov. 24, the Department of Public Welfare became the Department of Human Services, and NAMI Southwestern Pennsylvania supported the efforts to change the name. The phrase "public welfare" was negative and stigmatizing for many poor, disabled and elderly individuals receiving services.

National News

No action taken regarding the Murphy Bill (HR 3717) and the Barber Bill (HR 4574) or any kind of compromise legislation.

NAMI National joined a new national initiative to reduce the number of people with mental illness in jails nationwide. NAMI is a key partner in this initiative and will be working closely with the National Association of Counties (NACo) and the Council of State Organizations (CSG), as well as other national organizations. Future updates on this initiative will be provided. 🌐

SAVE THE DATE

NAMI Southwestern Pennsylvania's
15th Annual Education Conference

Featuring Keynote Speaker
Brandon Marshall

Saturday, April 11, 2015
Pittsburgh Airport Marriott
8:00 a.m - 4:00 p.m.

The Courage to Speak About Suicide continued from page one

“Suicide has always been included in our ongoing conversation about serious mental illness and its impact on individuals, families and communities,” comments NAMI Southwestern Pennsylvania’s Executive Director Christine Michaels, MSHSA. “Through our new strategic plan, we are now working to introduce suicide awareness and prevention education in our schools with the goal of making a positive impact on some of these overwhelming statistics.”

Suicide Research

A critical component in the battle to understand and prevent suicide is sound scientific research. Suicide is complex, so comprehensive analysis of genetic, biological, psychological, cultural and environmental factors must be accomplished to address all of the contributing factors related to suicidal thoughts and actions.

“Western Pennsylvania is on the leading edge of many different types of research related to suicide, and scientists are highly motivated to pursue neurobiological, genetic and psychosocial studies that can further define suicide as an illness, and develop solutions that lessen risk and encourage prevention,” describes Dr. Lisa Pan, Assistant Professor of Child and Adolescent Psychiatry, University of Pittsburgh

School of Medicine, Western Psychiatric Institute and Clinic. “The most significant challenge now is to develop sufficient funding streams promoting comprehensive and far-reaching research studies.”

Research funding for suicide is considerably less than for many other diseases and conditions. For example, according to AFSP statistics from 2010, \$59 million was spent on funded research for suicide prevention, and 38,364 people died by suicide. That extrapolates to just \$1,538 in research dollars spent per life lost. Compare that to \$17,359 in diabetes research dollars per life lost, or \$19,887 per life lost for breast cancer, or \$81,375 per life lost for asthma, and it’s obvious that research into suicide prevention is woefully underfunded.

“It is devastating to see such a small price placed on the worth of the lives of our loved ones,” says Jennifer Sikora, AFSP Pittsburgh Chapter Board Member and suicide loss survivor. “This is one place where change needs to happen. Drastically increasing funding for research would have a profound impact on suicide prevention efforts.”

Dr. Pan, with support from AFSP and other stakeholders, has conducted a number of studies toward an understanding of the biology of suicide, primarily in children and young adults. The results of her research support that suicide is a medical

Ask for Help

People who face life-threatening illness, significant trauma or other serious life stressors may feel a variety of intense emotions, including sadness, anxiety, anger or a sense of abandonment. However, suicidal thoughts and behaviors are not a natural consequence to facing life’s challenges. If these feelings are present, seek professional treatment and ask for help. Survivors of suicide should also ask for help in processing grief and overcoming such a heartbreaking loss.

NAMI Southwestern Pennsylvania

412-366-3788 or 888-264-7972

www.namiswa.org

American Foundation for Suicide Prevention (AFSP)

888-333-8255 www.afsp.org

Caring Place

888-224-4673 www.highmarkcaringplace.com

The Compassionate Friends

412-835-1105 www.tcfpittsburgh.org

Good Grief Center

412-224-4700 or 888-474-3388

www.goodgriefcenter.com

L.O.S.S. Ray of Hope

724-834-6351 www.rayofhopewestmoreland.org

National Suicide Prevention Lifeline

800-273-8255 www.suicidepreventionlifeline.org

National Veterans Crisis Line

800-273-8255 www.veteramscrisisline.net

re:solve Crisis Network

1-888-796-8226

Survivors of Suicide

412-246-5633 or 412-246-5282

disorder on its own, and not a symptom or a behavior. Other conclusions are that inborn areas of metabolism may contribute to suicidal behavior, with a variable age of onset, and that areas of the brain may function differently with regard to suicidal behavior than when compared to depression alone.

“We know the risk factors, but we do not yet know why some people have suicidal behavior,” Dr. Pan explains. “There are components of suicide that we are currently unable to measure and myriad other chemical, genetic and physical anomalies that can impact the propensity toward suicide. Continued, expanded research is vital to understanding how and why suicide occurs so that more effective diagnostic and treatment approaches can be developed to prevent it.”


Survivors of Suicide

“No one wants to talk about suicide - until it happens to them,” says Kathy Fowler, an advocate for survivors of suicide who lost her son Lambert nearly 20 years ago. “Suicide turns a survivor’s world upside down, and grief doesn’t come with instructions. Survivors feel so alone because the stigma surrounding mental illness makes you feel like you are to blame for your loved one’s death.”

Today, people are talking openly about suicide, and that conversation is bringing hope of a brighter future for attempt survivors and their loved ones. Ian Cummins, RN, AND, talked about his brother Ryan to anyone who would listen during his walk across more than 3,200 miles of America in Ryan’s memory during the spring and summer of 2014.

“I discovered so many people had stories like mine, about loved ones they had lost to suicide,” Cummins describes. “Telling your story puts a face to the statistics and encourages empathy through a relatable message. Discussion provides education and spreads awareness, encourages others to share their stories and reminds all of us that we are not alone.”

“Survivors of suicide suffer feelings of heartbreak, guilt, disbelief, outrage, helplessness and hopelessness, and the grieving process is very different than with other types of loss,” describes Susan Wesner, RN, MSN, CS, Clinician, STAR-Center, Western Psychiatric Institute and Clinic and University of Pittsburgh. “Those feelings can’t be fixed or taken away, but friends can help survivors of suicide cope with grief and remind them that they couldn’t have prevented the suicide, and encourage them to tell the story of who their loved one was and how that person lived in addition to how they died.”

By revealing the realities of suicide, sharing personal stories and securing much-needed funding for research, hope and healing are possible for attempt survivors, survivors of suicide and for those who are struggling with suicidal thoughts and behaviors. 

NAMI Southwestern Pennsylvania hosted nearly 150 individuals, family members and mental health professionals for a day-long conference to raise suicide awareness. The conference, keynoted by Ian Cummins was sponsored in part by donations he received for NAMI during his walk across America to honor the loss of his younger brother Ryan to suicide. See below for more information.

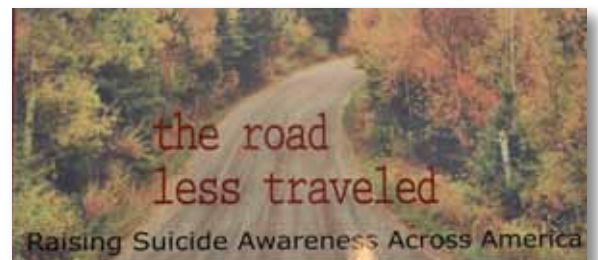
The Road Less Traveled: Raising Suicide Awareness Across America conference highlights

On Tuesday, Nov. 18, NAMI Southwestern Pennsylvania welcomed 150 attendees to the Sheraton Station Square for its first conference dedicated solely to the topic of suicide. Featuring keynote speaker Ian Cummins, who walked across America in memory of his brother Ryan, this one-day conference dispelled the myth of suicide as a behavior and explained it as an illness or medical condition.

NAMI presented a line-up of speakers to explain suicide from several perspectives: a prominent medical researcher (Lisa

Pan, MD), experienced clinicians (Sue Wesner, RN, MSN, CS and Charma D. Dudley, PhD, FPPR), a prevention strategist (Jennifer Sikora, American Foundation for Suicide Prevention), family members living with the loss of a loved one and individuals themselves who have made an attempt.

Special thanks to our sponsors *Ian Walks America* and Western Psychiatric Institute & Clinic. Presentations can be found on our website at www.namiswa.org.



8th Annual NAMI WALK

Held on Sunday, October 5, 2014
Waterfront Homestead



Record turnout, funds raised for 8th Annual NAMI Walk

Nearly 3,000 people poured into the Waterfront on Sunday, Oct. 5 to walk with us and celebrate recovery at the 8th Annual NAMI Walk. What an amazing show of support on a cold, fall morning at our new location in the Waterfront.

With leadership from our new NAMI Walk Chair Deb Wasilchak of Community Care Behavioral Health, the 2014 NAMI Walk was the most successful ever, attracting a record number of participants and raising a total of \$178,000.

Honorary Chair Michelle Wright of WTAE-TV led the 5K walk along with Ian Cummins, who had just completed his Walk Across America to raise awareness of mental illness and suicide. Family Team Chair Jim Ehrman, as well as our top fundraisers and Top 10 Teams, were instrumental in making this our highest fundraising year ever. All funds raised go toward NAMI's mission of support, education and advocacy for those affected by mental illness.

Thank you to the generous sponsors, exhibitors, volunteers, team captains, fundraisers, walkers and donors who, together, raised awareness of mental illness, celebrated recovery and were part of the most successful NAMI Walk in our Southwestern Pennsylvania history.





2014 NAMI Walk Chair, Deb Wasilchak,
Community Care Behavioral Health

Top 10 Teams

- Community Care/Askesis, Capt. Duncan Bruce \$8,237
- UPMC Insurance Services, Capt. Mary Kay Macik \$6,685
- South Hills Stampede, Capt. Eva Bednar \$5,665
- Mary Lou's Krew (MLK), Capt. Samuel Kane \$5,090
- Team Bellefield, Capt. Kelly O'Toole \$4,721
- Jim's Jocks, Capt. James Ehrman \$4,350
- Allegheny HealthChoices, Inc., Capt. Lea Ann Gerkin \$3,929
- The Clarion Group, Capt. Clyde Smith - \$3,463
- Awesome WPIC Residents, Capt. Daniel Fishman - \$3,211
- Fitzys Fundraisers 2014, Capt. Jeffrey Fitzwilliam - \$2,800

Top 5 Fundraisers

- James Ehrman (Jim's Jocks) \$4,250
- Libby Mascaro (Mary Lou's Krew) \$3,985
- Deb Wasilchak (Community Care/Askesis) \$3,015
- Alan Corn (CAC Healing) \$2,685
- Mary Kay Macik (UPMC Health Plan) \$2,510



Ian Cummins and Honorary Walk Chair,
Michelle Wright, WTAE-TV

Team T-shirt Winner: NAMI Family-to-Family Alums






2014 NAMI Walks Sponsors

Our sponsors lay the foundation for a successful walk each year. We thank them for their generosity and continued support.

UPMC
Western Psychiatric
Institute and Clinic



UPMC Insurance Services
Community Care Behavioral Health
UPMC for Life Specialty Plan • UPMC for You

Integrating care for improved health



Cindy and Norman McHolme The Testoni Family Clarion Psychiatric Center
 Dr. Jon and Jackie Lloyd Dollar Bank Family Behavioral Resources NHS Human Services
 Pittsburgh Mercy Health System Resources for Human Development Value Behavioral Health of PA
 Westmoreland Casemanagement and Supports, Inc

Avesis Buchanan Ingersoll & Rooney PC Clark Hill Curtis Mayernik, MD.
 Ohio Valley Hospital Optum Pepper Hamilton LLP The Chuckie Mahoney Foundation

Asti's South Hills Pharmacy Charma D Dudley, Ph.D, FPPR Clifford A. & Dr. Cynthia Krey
 Excela Health First Commonwealth Bank Greek Catholic Union Hinkledire Entertainment
 Maher Duessel Project Transition R.G. Johnson Company, Inc. Starbucks Waterfront
 Wesley Spectrum Services





In the Spotlight...

**Julie Trbovich, Program Manager, Children and Families,
NAMI Southwestern Pennsylvania**

How did you come to join the staff of NAMI Southwestern Pennsylvania?

My professional background includes a career as a high school special education teacher and experience in inpatient adolescent psychiatric care. Personally, I have a son who began showing symptoms of a serious mental illness at a very young age, so I have been immersed in the region's behavioral health system as his advocate for almost two decades. My worlds collided last spring when I contacted NAMI Southwestern Pennsylvania to inquire about volunteering for the organization and learned of an open position. My first day of work as NAMI's Program Manager for Children and Families was June 16.

Why did NAMI Southwestern Pennsylvania create this new position?

A key priority for NAMI Southwestern Pennsylvania through its 2014-2016 strategic plan is for the organization to create a culture of transformation by focusing on the relevant needs of children, youth and families in the region. By expanding on its family-oriented focus with a major commitment to address the needs of children and transition-age youth, NAMI is now directing resources into training educators and others who work with children and youth, offering more support to parents, and advocating for improved services that target the mental health needs of young people.

What are the core components of your job?

As a state-certified special educator, teaching has always been a top priority for me. I now teach NAMI Basics and Mental Health First Aid for Youth, and am currently training to become a Family-to-Family instructor. In conjunction with other NAMI staff, I am developing

mental health awareness presentations for area middle and high schools, with specific curricula for students, parents and educators/administrators. Part of my job is to cultivate relationships within the local education system so that NAMI can reach and engage this diverse new audience to strengthen our voice, promote awareness and build understanding of mental illness. By serving on a task forces, committees and boards within our behavioral health community, my role will also be to support collaborative efforts with other groups who have similar missions to develop a more cohesive system for education, advocacy and support, and to increase NAMI's ability to serve individuals of all ages with mental illness and their families.

What goal do you most want to accomplish through your work?

I invest a great deal of time researching successful evidence-based behavioral health services that are provided to children, adolescents and transition-age youth in other areas of the country. My goal is to identify highly effective programs with proven outcomes and see these models successfully implemented here in southwestern Pennsylvania to provide our constituents with solutions that embrace recovery and champion independence.

Why did you feel such an immediate connection with NAMI Southwestern Pennsylvania?

I am proud to work with a group of talented staff and dedicated Board members who are truly committed to NAMI's mission. This job offers me the ability to do what I love - teach - in combination with what I am passionate about - empowering others facing the challenge of mental illness to advocate for the best services, resources and supports to promote better quality of life.

The advocacy, education and support services provided by NAMI's staff and dedicated volunteers give hope for recovery and a future filled with promise for the estimated 600,000 people in our region who experience a mental illness each year. In the Spotlight is one way NAMI recognizes these people who so diligently work to promote improvements in our behavioral health system while championing the needs of our constituents.

To nominate someone to be featured in *In the Spotlight*, please email dgarda@namiswpa.org.

Education Corner...

NAMI Basics class offers parents hope and help

This fall, NAMI Southwestern Pennsylvania held the first *NAMI Basics* class in the southwestern PA region. NAMI staff members Debbie Ference and Julie Trbovich were the instructors for the six-week course that was held on Monday evening at the Children's Institute in Squirrel Hill. The *NAMI Basics* education program is designed for parents and caregivers of children and adolescents, ages 3-17, who are living with or exhibiting signs of mental health disorders. The participants are provided with information and strategies to aid them while caring for the child, along with gaining a sense of understanding and support.

The class had 12 attendees who all gave very positive responses. One participant shared these thoughts, "*NAMI Basics* opened my eyes to a new concept: that mental illness is a brain disease. I knew that was true for adults. I didn't put it together that it would be true for children. Health professionals should know about this course so that they can help guide the parents of the children they see, in a direction of understanding and coping with their child."

NAMI Smarts for Advocacy training workshop

NAMI Southwestern Pennsylvania's Executive Director, Christine Michaels and Associate Director Debbie Ference, were recently invited by NAMI to become certified as *NAMI Smarts for Advocacy* Trainers. *NAMI Smarts* is an interactive workshop that teaches individuals how to become effective advocates.

NAMI Smarts provides step-by-step tools and hands-on practice to help participants enhance their own advocacy skills and shape a powerful, personal story that will impact policy makers. The program also helps participants understand the important role advocacy plays in improving mental health treatment.

NAMI Smarts is divided into three training modules:

Module 1, Telling your Story - guides participants through writing and delivering a concise and compelling version of your story that will serve as a springboard for your advocacy.

Module 2, Emails and Phone Calls - shows participants how to write emails that get attention and make phone calls that policy makers remember.

Module 3, Meeting Your Legislator - demonstrates how to orchestrate a successful dialogue with elected officials.

Mental Health First Aid News

On Wednesday, Dec. 3, NAMI staff members Debbie Ference and Julie Trbovich had the privilege of teaching the eight-hour Youth Mental Health First Aid course to the teachers and staff at Auberle in McKeesport, Pa. This course, designed to assist youth ages 12 to 18, covers risk factors and warning signs of a variety of mental health challenges as well as how to recognize and talk to youth experiencing a mental health crisis. The course was well received and the participants enjoyed the interactive approach to this training. Participants felt the course was "very beneficial and practical," and "provided skills that we can apply in our work and in everyday situations."

The next upcoming Youth Mental Health First Aid training will be held at the Children's Institute in Shadyside on Saturday, Jan. 31. Contact the NAMI Southwestern Pennsylvania office for registration and training information.

In other exciting Mental Health First Aid news, NAMI Southwestern Pennsylvania's Susan Harrington and CART's Alan Corn have recently added to their adult Mental Health First Aid certification, and are now specialized in Public Safety Mental Health First Aid. In addition to the Public Safety module, Susan has also received her certification in the Mental Health First Aid Higher Education module.

The new Public Safety module is ideal for law enforcement, first responders, corrections officers and other public safety audiences. The Higher Education module tailors to college and university faculty, staff and students so that they may learn to help each other within the framework of their unique culture and set of resources. Both Alan and Susan are looking forward to working with these new audiences.

For more information on education opportunities, contact Susan Harrington, Education and Support Specialist, NAMI Southwestern Pennsylvania at sharring@namiswpa.org or call 412-366-3788.

NAMI Support Groups...

Visit the NAMI Southwestern Pennsylvania website, www.namiswa.org, and click on the "Support" link at the top of the homepage for a complete listing and meeting dates of support groups.

Allegheny County

NAMI Parent Support Group - Youth and Transition-Age East
Liberty Carnegie Library, 5 - 7 p.m. Contact: Linda Thornhill,
412-403-9539 for more information.

NAMI Pittsburgh South - Mt. Lebanon
Contact Email: nami.south@gmail.com

NAMI Pittsburgh North - Ross Township
Contact: Tom/Janet Ammons 724-443-4422

NAMI Pittsburgh East-FAMILIAS - Churchill
Contact: Anne Handler 412-421-3656

NAMI Spouse Support Group - Churchill
Contact: Mim Schwartz 412-731-4855

NAMI McKeesport, Penn State McKeesport
Contact: Violet Ludwig 412-373-7977

NAMI Western PA Borderline/Personality Disorders Family
Support Group - Ross Township
Contact: Jo Burkholder 412-776-5974

NAMI W.P.I.C. Family Support Group - Oakland
Contact: Merle Morgenstern 412-246-5851

Armstrong County

NAMI Armstrong County - Kittanning, 4th Thursday of the
month, Family Counseling Center of Armstrong County
Contact: Linda Miller 724-543-4581

Beaver County

NAMI Beaver County - Rochester, 3rd Thursday of each month
Contact: Carla Braund at 724-888-6877 or email at
carlabraund@namibeavercounty.com

NAMI-C.A.R.E. (Consumers Advocating Recovery through
Empowerment) - Beaver
Contact: Dr. Suzanne Vogel-Scibilia 724-775-9152

Butler County

NAMI PA Butler County - Butler MHA
Contact: Butler NAMI Office 724-431-0069

Teen Peer Support Group
Contact: 412-304-8521 for meeting information
Location: Guthrie Paganie & Associates, 162 Brickyard Road,
Ste 100, Mars PA 16046

Fayette County

NAMI-C.A.R.E. Fayette County
Contact: Carol Warman 724-439-1352

Indiana County

NAMI Indiana County - Third Tuesday each month, 5:30 p.m.,
Community Guidance Center, Contact: Autumn 724-422-4718

Lawrence County

NAMI Lawrence County
Contact: Sandi Hause 724-657-0226

Washington County

NAMI Washington County - Washington, 4th Thursday of the month
Contact: Jim Gleason 724-225-1607

Westmoreland County

NAMI Alle-Kiski - New Kensington, 2nd Wednesday of the month
Contact: Thad Kaminski 724-339-1339

NAMI Mon Valley - Contact: Harriett Hetrick (724) 872-2186
for more information regarding the following locations:

- Monessen, 2nd Monday of the Month, 7-8:30 p.m.
- Irwin, 2nd Tuesday of the Month, 7-9 p.m.
- West Newton, 3rd Thursday of the month, 6:30-8:30 p.m.

NAMI Southwestern Pennsylvania
105 Braunlich Drive
McKnight Plaza, Suite 200
Pittsburgh, PA 15237-3351

412-366-3788
1-888-264-7972

e-mail: info@namiswpa.org
www.namiswpa.org



Address Service Requested

NAMI Southwestern PA: Join Today — Let Your Voice be Heard!

Annual dues include discounted rates for educational events, resource and referral information, newsletters, Call to Action alerts and membership in NAMI Pennsylvania and national NAMI.

- Individual/Family/Friend \$35.00
- Open Door (minimum of \$3.00) \$ _____
- Additional Contribution \$ _____ Donation to remain anonymous

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ COUNTY _____

PHONE (H) _____ PHONE (W) _____ FAX _____

E-mail _____

- I would prefer my copy of the Voice electronically. (provide email) _____
- I am interested in receiving Call to Action alerts via email and participating in legislation and policy advocacy.
(provide email) _____

Please make check payable and mail to: NAMI Southwestern Pennsylvania, 105 Braunlich Drive,
McKnight Plaza, Suite 200, Pittsburgh, PA 15237

You may also join or donate via the website at www.namiswpa.org.

Membership is tax-deductible. Official registration and financial information of NAMI Southwestern Pennsylvania may be obtained from the PA Department of State by calling toll-free within PA: 1-800-732-0999. Registration does not imply endorsement.