



National Alliance on Mental Illness

*The Voice*

The Newsletter of NAMI Southwestern Pennsylvania

Volume 17, Issue 3 June 2012

## Lawsuit Filed Over Cuts to Services for Pennsylvanians with Disabilities

**NAMI Southwestern PA Partners with Local Advocacy Groups to Take Legal Action Against Gov. Corbett and the Department of Public Welfare**

In an effort to preserve critical services for individuals with mental illness and intellectual disabilities, NAMI Southwestern PA and other advocacy organizations took legal action to stop the chronic underfunding of services in the governor’s proposed budget. The Disability Rights Network of Pennsylvania, a statewide, non-profit corporation designated as the federally-mandated organization to

advance and protect the civil rights of adults and children with disabilities, and attorney Stephen F. Gold, filed a lawsuit on March 14 in Commonwealth Court against Pennsylvania Gov. Tom Corbett, the Department of Public Welfare (DPW) and the Office of the Budget over proposed budget cuts to services for Pennsylvanians with disabilities.



The lawsuit focused on a devastating impending 20 percent funding cut to the state’s community mental health services, as well as the proposed transfer of funds from state oversight to the Human Services Development (HSDF) Block Grant. This represents a significant change in the administration of community mental health funding to county government. Mental health funding accounts for 73 percent of the proposed block grant total, yet there is no commitment to ensure that counties will spend that 73 percent on those with mental illness or substance abuse issues.

Other plaintiffs who have partnered with The Disability Rights Network of Pennsylvania and NAMI Southwestern PA include:

- Mental Health Association in Pennsylvania

- The Arc of Pennsylvania
- PA Mental Health Consumers Association
- Vision for Equality
- Speaking for Ourselves
- Mental Health Association of Southeastern Pennsylvania

This coalition of organizations asked the court to declare that Gov. Corbett and DPW’s proposal to transfer Mental Health/Intellectual Disabilities (MH/ID) funds to the HSDF Block Grant or to combine MH/ID appropriations with funds for other services violates the Mental Health and Intellectual Disability Act of 1966. The organizations also contended that the proposed state budget,

*continued on page 5*

### In This Issue...

From the Desk of the Executive Director .....2

News Around the Region .....3

Families Can Help Effect Change at Public Policy Level .....4

2012 NAMI Conference Wrap Up ....6

In the Spotlight: Austin Breegle, Administrator, Westmoreland County Office of Behavioral Health and Development Services .....10

NAMI Local Support Groups .....11



# From the Desk of the Executive Director

Christine Michaels, MSHSA  
Executive Director, NAMI Southwestern Pennsylvania

**S**upport, Education and Advocacy...our mission in a nutshell. This edition of the newsletter, more than any other, depicts our mission in action.

Since February when the state budget was presented, NAMI Southwestern PA has returned to its grassroots, its members and affiliates, for support. The featured article is about our advocacy efforts and activities over the past five months. It is a tribute to our members, our friends and colleagues who have turned out in record numbers to help us with the post card campaign, who have visited with their legislators, who have sent emails and placed countless telephone calls. NAMI Southwestern Pennsylvania thanks you. Your responsiveness to these issues inspires us and keeps us going. Thank you for your support.

During this budget battle, our work continued and the annual education conference was held in April. We took the postcards to the conference but we also took time to learn the latest news on brain research.

Debbie Ference and I traveled to St. Louis to become certified Family-to-Family state trainers. Blair Young, our NAMI Walk national representative, visited in April. As soon as the conference ends, the Walk begins. And Sharon Miller has been out and about to Indiana, Armstrong, Butler, Beaver and Green counties. And, In the Spotlight, meet Austin Breegle, Administrator of Westmoreland County's Behavioral Health and Developmental Services Program. You will enjoy getting to him; he's good guy.

Support, Education and Advocacy! What I have learned is one doesn't happen without the other. Stay Strong, for sure there will be another battle once we get through this state budget. Thank you and take care.

Sincerely,

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.

# News Around the Region

## **Win-Win Workplace: Creating Opportunities for Meaningful Employment – May 4, 2012**

This education conference template—the first of its kind to focus on employment as it specifically relates to people living with a mental illness—was developed by NAMI Southwestern PA through CMS Medicaid Infrastructure Grant funding, and originally presented in Pittsburgh this past December.

NAMI Indiana County affiliate president, Jim Bernard, inspired by the focus, was determined to replicate the event locally. Through hands-on support from NAMI Southwestern PA, NAMI Indiana County members began the conference planning process this past January. Many other key local stakeholders joined with us along the way. Special thanks to Bonni Dunlap, Executive Director, Indiana County Department of Human Services for extra assistance throughout the journey.

The planning process was a great success, and on May 4, a panel of local and regional experts convened to inform an audience of 45 plus people how to: determine employment skills, find a job, maintain a job (and SSI/SSDI benefits), seek vocational supports, know the implications of employment and the law, and to truly understand the work culture. Participants were provided with resource packets for where to turn locally for information and supports.


It was a true show of support that Indiana County Commissioner Patricia Evanko opened the conference with her welcome address and her words of inspiration and dedication to people living with mental illness and their families. Her comments clearly confirmed her belief in recovery.

NAMI Southwestern PA and the members of NAMI Indiana County wish to thank each member of the conference planning committee and the presenters for sharing their time and expertise. We also want to convey appreciation to Western Region Community Support Program, Value Behavioral Health of PA and Armstrong-Indiana Behavioral and Developmental Health Program for providing financial support allowing the *Win-Win Workplace* to cap off the first week of May as Mental Health Awareness Month in a manner that truly celebrates recovery.

## **Greene County Recovery Conference: Recovery the Journey to Self-Discovery – May 21, 2012**

NAMI Southwestern PA's Sharon Miller was invited to participate in the 5th annual Greene County recovery conference and asked to speak about legislative advocacy efforts.

Ms. Miller was involved in the formation of the local Community Support Program many years ago and was pleased to be invited to return to Greene County. This local event grows bigger and more relevant each year, evolving into its current format entirely developed and coordinated by people in recovery from mental illnesses and co-occurring disabilities.

The need for each of everyone within the mental health community to engage in effective legislative advocacy has never been more timely and crucial. Special thanks to the conference planning committee and others in Greene County for the opportunity to address the urgent need for our voice to be heard in Harrisburg and in every legislative district throughout our region. 

## **Save The Date**

**NAMI Southwestern PA**

**13th Annual Education Conference**

**Saturday, April 6, 2013**

**Pittsburgh Airport Marriott**

# How NAMI Families Can Help Effect Change at the Public Policy Level

Sharon A. Miller, Director of Education and Community Relations

In these current times wrought with budget cuts and the ongoing transformation of our publicly funded mental health system, families have a much valued perspective. Families may know their loved one living with a mental illness, their strengths and challenges, better than any treatment professional could ever determine. We also know of the difficulties in navigating a sometimes complex mental health treatment and support system.

Personal experience with mental illness allows families to know what the important issues are. This puts family members in a unique position to partner as advocates. NAMI families can provide ongoing education for elected officials charged with development of public policy and funding priorities.

Please consider the following tips on effective strategies for NAMI families to get involved in state or federal advocacy efforts. Together each of us can and does make a positive difference in the lives of individuals and families impacted by mental illness.

## Write or e-mail a letter to your elected representative.

Make your message to the point. Example: "I'm writing in support of/opposition to..." and give a reason for your position. A personal experience is powerful in establishing your case.

## Make a Phone Call

When time is of the essence, a phone call can be a practical way to convey your concern to an elected representative. The most effective calls are to the Capitol offices, particularly when a vote is imminent.


## Visit Your Elected Representative

Meeting face-to-face with a legislator or designated staff is an excellent way to establish a relationship and convey your point of view.

## Other Activities

Stay informed: sign up for NAMI Southwestern PA Call to Action e-mail alerts by contacting [info@namiswpa.org](mailto:info@namiswpa.org) and indicate "Action Alerts request" within your message. Visit the Advocacy area of the NAMI Southwestern PA website and click on "Legislative Watch" for current updates as well as additional advocacy tips.

Contribute your ideas and energy: Participate in the monthly NAMI Southwestern PA public policy committee teleconference call, a local county Community Support Program (CSP), county MH Advisory Board or a cross disabilities campaign. Such groups may work on a single issue or a variety of issues. Tasks might include organizing a public event or drafting policy recommendations.

For more information, visit our website at [www.namiswpa.org](http://www.namiswpa.org), email [info@namiswpa.org](mailto:info@namiswpa.org) or call (412) 366-3788. 





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with the 20 percent cut in services, does not allow enough funds to assure the provision of community mental health and intellectual disability services as required by the Act.

“We are working diligently to restore funding for essential services in our communities,” says NAMI Southwestern PA Executive Director Chris Michaels. “The governor’s decision to transfer community health services funds to the Block Grant presents an unprecedented and ill-fated change in policy since the Mental Health and Intellectual Disability Act was passed. This decision could undo the decades of effort that transformed Pennsylvania’s mental health system.”

“For years, DPW has consistently asked for and received woefully inadequate appropriations to support services for Pennsylvanians with disabilities that are mandated under the Mental Health and Intellectual Disability Act of 1966,” continues Mark Murphy, CEO of Disability Rights Network of Pennsylvania. “Cutting 20 percent for critical services that are already appallingly underfunded is beyond irresponsible.”

The plaintiffs sought relief from the Court to require Gov. Corbett and DPW to comply with their obligations under the Mental Health and Intellectual Disability Act of 1966. As the lawsuit moved through the legal system, NAMI Southwestern PA has once again emerged as an advocacy leader in the region. In the few short months since the governor’s proposed budget was released – without any public debate or input from community health leaders and other stakeholders in the state’s mental health system – NAMI Southwestern PA, under the leadership of its Board of Directors, has mobilized a grassroots advocacy effort aimed at reversing these proposed policy changes.

“NAMI Southwestern PA was the first advocacy organization to publicly respond to the governor’s budget proposal,” explains Sharon Miller, NAMI’s Director of Education and Community Resources. “Just seven days after the Feb. 7 announcement, we released a Call to Action via e-mail and social media outlets. Since then, we have focused our efforts on collaborating with other community-based agencies, educating our membership and other connected citizens, and targeting state senators and representatives with the message that Pennsylvania cannot balance its budget by cutting services to its most vulnerable citizens.”

NAMI’s Feb. 14 Call to Action asked members to contact the state Appropriations Committee majority and minority chairs in both the Pennsylvania House and Senate to urge them to restore mental health services funding. NAMI has also coordinated a postcard campaign, in collaboration with the Pennsylvania Mental Health Consumers Association (PCPA), mailing more than 4,000 postcards to date. NAMI has delivered a strong message about the dire need to stop the dismantling of the state’s community mental health system to Pennsylvania’s senators and representatives through the postcard campaign; multiple visits to the home offices of state legislators; attending and participating in town meetings and public forums throughout the region; and issuing action alerts, developing legislative talking points and posting sample legislative letters on the NAMI Web site. The message is clear:

**Restore the 20 percent cut in mental health funding to the current year total of \$717,213.** Cuts at the levels proposed will decimate the community mental health system and will ultimately force people to seek more costly treatment via hospital emergency and inpatient stays. Any short term savings will be lost to increased homelessness, increased incarceration and increased unemployment.

**Oppose the proposed transformation of the HSDF Block Grant.** This proposed block grant was created by combining six line items into the existing Human Services Development Fund. Mental health funding takes a 20 percent cut in the proposed budget yet makes up over two-thirds – or 73 percent – of the overall funds in this transformed HSDF block grant. These block granted funds will be used by counties at their discretion in attempts to meet various county human services needs, not just to meet the needs of children, adults and seniors living with mental illnesses and their families.

**Oppose the 20 percent cut to CHIPP funding.** Especially troubling to the communities that were once served by Mayview State Hospital is the proposal to cut funding to the Community Hospital Integration Projects Program (CHIPP). CHIPP is a state initiative, in partnership with local county mental health agencies, enabling the discharge of people served in Pennsylvania state hospitals. Mayview was closed with the promise that CHIPP funding would ensure that people would be able to be sustained in communities throughout our region.

*continued on page 9*

# NAMI Southwestern PA Annual Conference Explores New Brain Research and its Impact on Mental Illness

**D**id you know that in 40 years of brain research, \$25 billion was spent studying one cell in the brain? Did you realize that most of the discoveries which led to treatment of mental illnesses happened serendipitously in the lab? Have you heard of the major movement to change the approach to brain research and the enormous impact it can have on treatment and prevention? NAMI Southwestern PA explored these questions and many more at its 12th annual education conference *Evidence for Hope: Why Research Should Matter To You* on Saturday, April 21 at the Pittsburgh Airport Marriott.

After a heartfelt greeting from NAMI Southwestern PA Executive Director Christine Michaels, Dr. David Lewis, Medical Director at Western Psychiatric Institute & Clinic (WPIC), began the day with a thorough overview of brain research: how far it has come and how much further we must go to effectively treat mental illnesses. Dr. Lewis set the stage for our keynote speaker Dr. David Baker, a neuroscientist and researcher at Marquette University. Dr. Baker reviewed the ups and downs of the past 40 years of brain research, and explained in easy-to-understand terms how neuroscientists like himself are looking beyond traditional research methods to produce exciting new treatment options. Both Dr. Baker and Dr. Lewis answered several questions from the audience, who were enlightened by the transformation in brain research and the hope it brings to anyone affected by mental illness.

Next on the agenda was our Executive Director Christine Michaels, who explained how NAMI Southwestern PA is championing new research initiatives. She discussed how we are encouraging the National Institute of Mental Health (NIMH) to establish an X Prize for brain research, which is a substantial cash prize to the first individual or organization that develops a biologically-based screening tool to reliably determine whether a person suffers from schizophrenia or bipolar disorder. She asked audience members to sign petitions, available at each table, that were later sent to the director of the NIMH. Ms. Michaels also reviewed how the NAMI Southwestern PA Board of Directors created a Neuroethics Committee and wrote a white paper calling for the development of ethical guidelines related to neurosurgery for mental illness.

## Evidence for Hope: Why Research Should Matter to You



In addition, Ms. Michaels took time during lunch to illustrate and explain the current situation with the state budget and what each of us can do immediately to stop the proposed funding cuts to community mental health services.

Following an extremely thought-provoking and educational morning, as well as a delicious Pittsburgh-style buffet lunch, the afternoon plenary session showcased a lighter approach to research with presenter Dr. Safdar Chaudhary of S'eclairer. He discussed the benefits of mindfulness practices and what research says about their effects on brain function, cognition, emotion, behavior and recovery. Dr. Chaudhary invited two of his former patients to join him with their stories of recovery, and the audience was left inspired by his presentation.

At this point in the day, the 200-plus audience members parted ways to choose one of six interesting, informative workshops. In keeping with the theme of the day, each workshop presented its topic within the framework of the latest research developments. The workshops were:

- *Understanding Eating Disorders as Mental Illnesses*, presented by Liz McCabe, PhD, Clinical Director for Eating Disorders and Behavioral Medicine at UPMC, WPIC.

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- *Ask the Doctor*, presented by Dr. Suzanne Vogel-Scibilia, a practicing clinical psychiatrist who has had bipolar disorder since the age of 15.
- *New Hope for People with OCD (Obsessive Compulsive Disorder)*, presented by Robert Hudak, MD, Assistant Professor of Psychiatry and Medical Director of the Obsessive Compulsive Disorders Institute & Clinic at WPIC.
- *Understanding Suicidal Behavior in Adolescents*, presented by Lisa Pan, MD, Assistant Professor of Child Psychiatry at the UPMC School of Medicine, WPIC.
- *Weight Management Through Good Nutrition*, presented by Meridith M. Paterson, MS, RD, LDN, Instructor at Penn State University-Greater Allegheny Campus and Registered Dietician for Community LIFE.
- *Truths, Trends and Treatment about Alcohol and Other Drugs*, presented by Tara Phillips, Outreach Specialist with Gateway Rehabilitation Center; Minnie Benjamin, Interviewer for NAMI's Consumer Action and Response Team (CART); and Darrell Williams, Supervisor of the CHIPP/CSP program at CART.

Feedback from this annual accredited conference was extremely positive, especially from family members and consumers who were excited to learn about the new type of brain research and the optimism it holds for the future of individuals and families impacted by mental illness. A huge thanks goes to our generous and loyal sponsors and the amazing and esteemed speakers and presenters. Without them, this day would not be possible! Mark your calendar for Saturday, April 6, 2013 for our 13th annual conference.

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## *Thank you to our generous 2012 Conference Sponsors!*

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Featuring complimentary refreshments, music, entertainment, kids' activities and exciting surprises... all leading up to the 5K (3.1 mile) walk along the scenic river trail. For information or to register, visit our new and improved Walk website: [www.namiwalks.org/SouthwesternPennsylvania](http://www.namiwalks.org/SouthwesternPennsylvania)

We are pleased to announce the return of our dedicated NAMI Walk Chairpersons. We thank them for their continued support of the NAMI Walk!



John Lovelace, NAMI Walk Chair  
President, UPMC for You &  
Chief Program Officer, Community Care  
Behavioral Health Organization



Michelle Wright, Honorary Chair  
News Anchor, WTAE-TV



Jim Ehrman, Family Team Chair  
Top Fundraiser, Five Consecutive Years

## NAMI Southwestern Pennsylvania adds NAMI Family-to-Family Teacher Trainers to their Repertoire

NAMI Southwestern PA's Executive Director Chris Michaels and Associate Director Debbie Ference traveled to St. Louis recently to attend an intensive three day NAMI training program for Family-to-Family teachers. As a result, they were certified as NAMI Family-to-Family state trainers. The certification allows them to train individuals interested in becoming Family-to-Family teachers throughout Pennsylvania.

The Family-to-Family course consists of 12 classes and is designed for family members and other caregivers of adults living with schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder. Individuals receive education on symptoms of the illnesses and the latest treatment options, current research on the brain and skill training on communication and

problem-solving techniques. The program is recognized as an evidence-based practice and is free to all participants.

If you have taken the Family-to-Family course and have an interest in training to become a teacher, please contact Susan Harrington at NAMI Southwestern PA at (412) 366-3788 or [sharring@namiswpa.org](mailto:sharring@namiswpa.org) for more information.





**Continue to fund General Assistance related Medical Assistance.** The budget also proposes to eliminate General Assistance cash assistance and slash funding for Medical Assistance. General Assistance is a last-resort program providing extremely meager benefits to 68,000 Pennsylvanians with no income. Mental health and substance use disorder consumers are approximately 30 percent of the users of this crucial benefit. General Assistance cuts coupled with the reductions to mental health and substance use dollars will eliminate this safety net for thousands of vulnerable people.



NAMI Southwestern PA brought a crew of advocates to Harrisburg for Capitol Day on June 5

NAMI was also a lead partner with the PCPA and other advocacy groups in a joint effort for a Capitol Day rally and press conference in Harrisburg, held on June 5. NAMI chartered a bus to take consumers and family members to the Capitol Day rally so their voices could be heard.

“We are already beginning to see some positive changes as a result of our efforts,” Miller comments. “In the Senate’s proposed version of the budget, 10 percent of the funding cuts have been restored. We are still a long way from achieving our goals, but we can see that some of our legislators have come to the understanding that Gov. Corbett is breaking his campaign promise to help Pennsylvania’s most vulnerable citizens, including individuals with mental illness and/or those facing the challenges of addiction.”

According to Carol Horowitz, Managing Attorney for the Disability Rights Network of Pennsylvania, advocacy organizations play an extremely important role in the budgeting process every year by bringing people together and educating their constituents, who in turn communicate needs to their legislators so that informed decisions can be made. “There is no substitute for the personalized, direct contact from advocacy organizations and their members,”

she explains. “Unfortunately, because this administration has not worked with stakeholders, this year more than ever before these organizations are fighting for a place at the table for people who receive mental health services, and their families. Our elected officials won’t understand what our constituents need unless we tell them, and that’s exactly what organizations like NAMI Southwestern PA are doing.”

In summary Michaels states, “The key to the transformation of our community mental health system for the past 50 years has been the model of transparency, input, oversight and feedback by those who receive treatment, their families, advocates and providers.” She concludes, “The governor’s proposed budget threatens to undo all of the progress that has been made. It’s going to take an effort by every one of us to protect our community mental health system and the millions of people it serves.”

## Judge Issues Ruling

We received word as this newsletter was about to go to print that the court denied the preliminary Injunction. This result essentially leaves it to the legislature to prevent the imminent, irreparable harm to people with mental illness.

Please contact your legislator! See page 4 or contact NAMI at (412) 366-3788 or [info@namiswpa.org](mailto:info@namiswpa.org) for advocacy tips.

**Your voice needs heard more now than ever!**



## *In the Spotlight...*

**Austin J. Breegle, Administrator, Westmoreland County Office of Behavioral Health and Developmental Services**

### **What is the mission of the Westmoreland County Office of Behavioral Health and Developmental Services?**

Our mission is to provide the opportunity for each individual to choose appropriate services and supports which promote hope, growth, recovery, quality of life, and inclusion in his/her community. We are led by an advisory board representing a broad range of stakeholders in our community's behavioral health system, from physicians, psychiatrists and other health professionals to social workers and educators, and including family members and representatives from local advocacy organizations.

### **How long have you been with the organization?**

I have been with the Westmoreland County Office of Behavioral Health and Developmental Services for 21 years, serving in a variety of different positions. For 11 years, I held the position of Deputy Administrator, and I assumed the Administrator role a little more than one year ago.

### **How does your organization meet its mission?**

Through our behavioral health and developmental services programs, we provide a system of community-based supports and services designed to meet the needs of people of all ages with mental illness or disability who live in Westmoreland County. Some of the services we provide include case management, emergency/crisis intervention and advocacy services. We provide community-based and residential treatment services and specialized therapeutic family care services for children and adolescents, as well as transition programs for older adolescents ages 16-24.

We also provide residential rehabilitation services to help adults with chronic psychiatric disability to live more independently, in addition to housing support, specialized job training and community employment placement services. We also provide supports to families.

### **Why do you invest significant time in developing relationships with other community behavioral health organizations?**

Studies show that physical health has a tremendous affect on behavioral health, and we know that treatment and recovery are much more successful when approached from a holistic perspective. By collaborating with other organizations that are working to improve the community behavioral health system in our county and the region, like NAMI Southwestern PA, we can offer our constituents the highest quality services encompassing the entire continuum of care.

### **Why do you believe in the work of advocacy organizations like NAMI Southwestern PA?**

My organization has had a long-standing relationship with NAMI Southwestern PA, and I feel it is vital for the voices of the people that we serve to be heard. I don't believe that our community behavioral health system would work without organizations like NAMI, which are instrumental in educating their constituents and providing us valuable feedback in our development and provision of services. We need to know what services are working effectively, when we should make improvements, and where there are gaps that need to be addressed, and advocacy organizations direct that information to us. These organizations also have the power to mobilize legislative advocacy initiatives on the state level, including advocating for adequate funding for critical services.

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](mailto:dgarda@namiswpa.org).

# NAMI Support Groups...

Visit the NAMI Southwestern PA website, [www.namiswa.org](http://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, 5:00 - 7:00 p.m. Contact: Linda Thornhill, (412) 403-9539 for more information.

NAMI Pittsburgh South, Mt. Lebanon  
Contact Email: [nami.south@yahoo.com](mailto:nami.south@yahoo.com)

NAMI Pittsburgh North, Ross Twp.,  
Contact: (Evenings) Pete/Candy Venezia (412) 361-8916

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

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

NAMI Sewickley Family Connections Support Group,  
Sewickley Contact: James Boaks (412) 749-7888

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

NAMI Western PA Borderline/Personality Disorders Family Support Group, North Hills  
Contact: Rose Schmitt (412) 487-2036

Minority Families of the Mentally Ill, Oakland  
Contact: Wilma Sirmons (412) 327-4890

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 724-543-2941

## **Beaver County**

NAMI Beaver County, Rochester, 3rd Thursday of each month  
Contact: Carla Braund [carla.braund@gmail.com](mailto:carla.braund@gmail.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

## **Fayette County**

NAMI Fayette County,  
Contact: Carmella Hardy (724) 277-8173

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

## **Indiana County**

NAMI Indiana County, Second and Fourth Tuesday each month, 7:00 p.m., Trinity United Methodist Church, Indiana  
Contact: Jim (724) 479-8824 or Dick (724) 463-8205

## **Lawrence County**

NAMI Lawrence County,  
Contact: Sandi Hause (724) 657-0226

## **Washington County**

NAMI Washington County,  
Contact: Tom Shade (724) 228-9847

## **Westmoreland County**

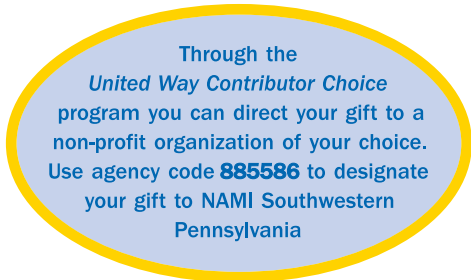
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NAMI Mon Valley, Monessen & Irwin  
Contact: Harriett Hetrick (724) 872-2186

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

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- 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](http://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.