



National Alliance on Mental Illness

The Voice

The Newsletter of NAMI Southwestern Pennsylvania

Volume 19, Issue 4 May 2016

Early Treatment Transforms Lives

Team-based, Early intervention Programs for First Episode Psychosis (FEP) offer more tailored and effective treatments

Early intervention programs for First Episode Psychosis (FEP) are promising real hope for recovery for adolescents and young adults. It's being called a "Game Changer," one that could revolutionize the mental health system across America.

"The reality that FEP services can alter the trajectory of a young person's life from one of devastating decline to one where he or she can achieve goals previously aspired to requires a major shift in thinking in our mental health system," explains NAMI Executive

Director Chris Michaels. "Early intervention for FEP is absolutely an advocacy priority for us here at NAMI Southwestern Pennsylvania."

Psychosis is a symptom of mental illness that affects 3 in 100 people at some point in their lives. According to the National Institute of Mental Health, about 100,000 teens and young adults (ages 15-25) experience their first psychotic episode each year. Without early treatment, research shows that these emerging adults - in the midst of a critical developmental stage of life - are at risk for dropping out of school, unemployment, drug and alcohol abuse, incarceration and suicide. In addition, about 70% of people who don't receive help after suffering a first psychotic break will experience a second round of psychosis within a year.

An abundance of data supports that effective early intervention services - before a crisis occurs - provide physical, mental, and emotional benefits to these young people, in addition to their families and communities. In 2004, the World Health Organization (WHO) guidelines recommended that the duration of untreated psychosis should be less than three months. In the United States in 2016, it typically takes people one to



Dr. Irene Hurford, Assistant Professor, Department of Psychiatry, University of Pennsylvania and the Program Director for PEACE.

three years of living with psychosis before they seek help.

While many countries around the world have been developing specialty care treatment programs for FEP for more than 20 years, the United States lags far behind. In 2012, the Recovery After an Initial Schizophrenia Episode (RAISE) research project was launched by the National Institute of Mental Health, with documented results that early intervention after FEP reduces symptoms, and

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From the Desk of the Executive Director

Christine Michaels, MSHSA
Executive Director, NAMI Southwestern Pennsylvania

Spring is a time of new beginnings and new growth. We too at NAMI Southwestern PA are experiencing a renewed sense of purpose and energetic motivation in bringing our programs and services to the community. We are a growing and changing organization and we are making our mission come alive for our members and supporters.

In this edition of the newsletter there is definitely something of interest for everyone. Our cover story features our number one advocacy item for transition age youth, First Episode Psychosis (FEP) programs. Dr. Irene Hurford, who was the keynote speaker at our annual education conference on April 9th, shares her thoughts on early intervention and early treatment of psychosis. Dr. Hurford does not believe that a young person should abandon their path in life should they experience a psychotic episode. How many of us know individuals who, after experiencing their first psychotic break were never able to return to college, never able to hold a full time job, or never able to sustain meaningful relationships? NAMI Southwestern PA is compelled to make FEP programming a priority advocacy issue because of the “game changing” opportunities they can mean in a young person’s life.

Also included in this edition are highlights from our 16th Annual Education Conference and our ongoing education programs and presentations. These programs and custom presentations continue to grow as requests come into our office at a daily rate.

In the Spotlight showcases NAMI Southwestern PA’s recent growth by featuring our new employees. New employees bring new energy and creative ideas, different approaches and a changing work environment. It’s very exciting time at NAMI Southwestern PA. Very high energy and extremely motivating. I have also been very busy with several public policy initiatives that are outlined in the Public Policy Updates section.

Before I sign off, we are entering our NAMI Walk season. Please plan to join us this year at the Waterfront in Homestead on October 2, 2016. We look forward to seeing new and familiar faces this year. Please enjoy the newsletter and thank you for all you do to support NAMI Southwestern PA!

Warmest Regards,

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

By Christine Michaels, MSHSA, Executive Director, NAMI Southwestern Pennsylvania

PA State Budget

On Dec 28, 2015, Gov. Wolf signed a budget but with multiple line item vetoes. He did not however, line item veto human services funding, which meant mental health funding was released for FY 2015-16 at basically a flat-funded level.

Then in March 2016, the 2015-16 PA State Budget passed as Gov. Wolf chose not to sign nor veto the final portion of the budget passed by the PA General Assembly, thus bringing an official end to the PA State Budget impasse of 2015-16.



The proposed 2016-17 PA State Budget looks eerily similar to last year's budget. Human Services providers are bracing themselves for another impasse. It is difficult to say whether being an election year will either help or hinder in the passage of the

upcoming year's budget.

National News

H.R. 2646 Rep. Tim Murphy's bill was passed favorably out of the House Energy and Commerce Subcommittee on Health and is expected to be considered by a full committee this spring.

In March, the US Senate Committee on Health, Education, Labor, and Pensions voted in favor of S. 2680 - The Mental Health Reform Act of 2016. This bipartisan legislation is now the leading mental health reform bill in the Senate and includes many provisions from S.1945 - The Mental Health Reform Act of 2015.

The House and Senate must pass their versions of comprehensive mental health legislation. The two chambers will negotiate a compromise package to vote on before sending it to the President.

PA Department of Human Services (DHS) Updates

Community HealthChoices

The RFPs were issued for the Community HealthChoices implementation in January 2017. Southwestern Pennsylvania, including 14 counties, will be the first to see this change.

Community HealthChoices (CHC) is the new managed care, long-term care Medicaid insurance program for the elderly, physically disabled, and all individuals who are dual-eligible for Medicare and Medicaid. Many individuals with serious mental illness who are in regular HealthChoices will be moved to Community HealthChoices for their physical health. Dual-eligible individuals however will remain with their existing Behavioral Health Services provider. NAMI Southwestern Pennsylvania is monitoring the roll-out of Community HealthChoices closely and is participating in the PA Health Law Project's Coalition of Concerned Advocates.



NAMI Southwestern Pennsylvania is also participating in various state-level public policy activities that include: Steering Committee for the Certified Community Behavioral Health Clinic (CCBHC) planning grant application; the workgroup on Targeted Case Management Regulations; the Treasury Department's Able Act implementation Advisory Committee; and the Pennsylvania Parity for Behavioral Health Coalition.

Pennsylvania celebrated a one-year anniversary of Medicaid Expansion. To date, more than 625,000 Pennsylvanians have enrolled in HealthChoices and have access to health care coverage. 🌐

For specific information regarding these public policy activities, please contact the NAMI Southwestern Pennsylvania office at 412-366-3788.

improves functioning and quality of life. In Philadelphia, the PEACE (Psychosis Education, Assessment, Care and Empowerment) program began operating in March 2015 after four years of development.

“Early intervention is better intervention,” explains Irene M. Hurford, MD, an Assistant Professor in the Department of Psychiatry at the University of Pennsylvania and the Program Director for PEACE. Her clinical and research work focuses on cognition in schizophrenia, treatment of early episode psychosis, and functional and quality of life improvements in young people with psychosis. “The question is not if early intervention empowers recovery, but how to best implement an array of vital services that provide a high intensity of care on an individualized level in the right place, at the right time.”

PEACE (www.phillypeace.org), which has already served more than 70 individuals in its first year, keeps people with early signs of psychosis on their normal life paths. The program’s goals are to significantly shorten the duration of untreated psychosis from the current national average to WHO guidelines and to promote the successful recovery of participants through: symptom reduction and functional improvement; promotion of community integration; and reducing the use of high cost acute care services.

“When a young person is first diagnosed with psychosis, it doesn’t mean they have to abandon their life plan,” Dr. Hurford describes. “With early intervention, this is a challenge that can be effectively managed and overcome.”

This spring, the Pennsylvania Department of Human Services issued a Request for Information for FEP programs across the Commonwealth. In addition, 10% of the Federal Mental Health Block Grant is set aside for the establishment of FEP programs (double the amount from just two years ago). NAMI is advocating for the development of Coordinated Specialty Care (CSC) teams trained in the Navigate model. This collaborative, recovery-oriented approach includes the individual experiencing symptoms, treatment team members, and loved ones in shared decision-making to address the specific needs, preferences, and recovery goals of those with FEP. CSC teams include four main components, supplemented by case management and peer support:

- Psychopharmacology
- Individual resiliency training or other forms of evidence-based therapy like cognitive behavioral therapy
- Supported employment and education
- Family education and support

“The promising evidence-based outcomes of early intervention have set a new standard of care for FEP,” says Michaels. “Now is the time for NAMI to advance the dialogue that leads to effective early treatments as well as systemic changes in our mental health system. We are working for life-changing care for transition-age youth.”

“NAMI Southwestern Pennsylvania is a great advocate for high quality care and early intervention services,” concludes Dr. Hurford. “They also play an incredibly important role in reducing stigma while instilling a sense of hope, resiliency and recovery throughout the behavioral health community.”

NAMI on Campus...Because Mental Health Matters

NAMI Southwestern PA is looking for compassionate college students who would like to be a part of implementing the first NAMI on Campus club in our region!!!

1 in 5 students will face a mental health challenge.

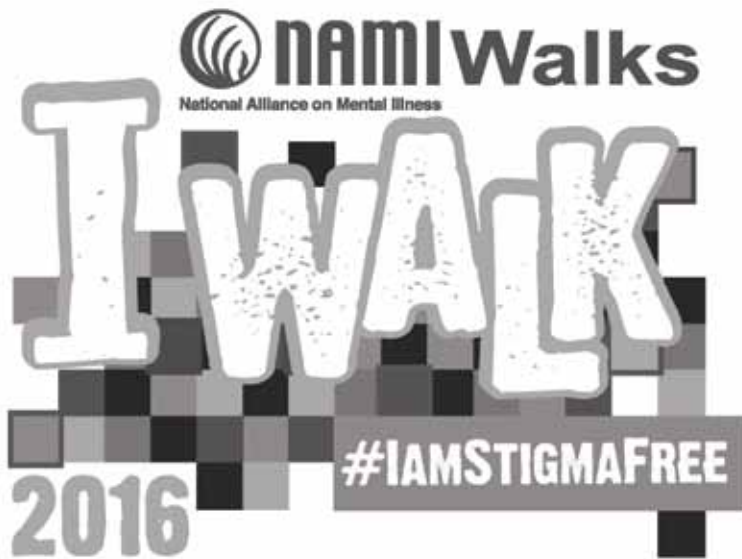
NAMI on Campus clubs work to end the stigma that makes it hard for students to talk about mental health and get the help they need. Clubs hold creative meetings, innovative awareness events, and offer signature NAMI programs through partnerships with NAMI State Organizations and Affiliates across the nation. NAMI on Campus clubs are student-led, student-run mental health organizations on college campuses.

As a member of a NAMI on Campus club, you will belong to the largest grassroots mental health organization in America. Club leaders have access to the staff, resources, opportunities and support that comes with being part of this national movement, including opportunities beyond your college years.

For information contact Julie Trbovich at NAMI Southwestern PA at 412-366-3788 or email jtrbovich@namiswpa.org.

Registration is Open Now!

www.namiwalks.org/swpa



5K Walk

Registration begins at 9 am

Walk begins at 10 am

Refreshments

Music

Special Appearance by the

Pirate Parrot

Face Painting and Tattoos

Balloon Artists

Caricature Artists

**10th Annual NAMI Walk
Sunday, October 2, 2016
The Waterfront Homestead**



2016 NAMI Walk Chair

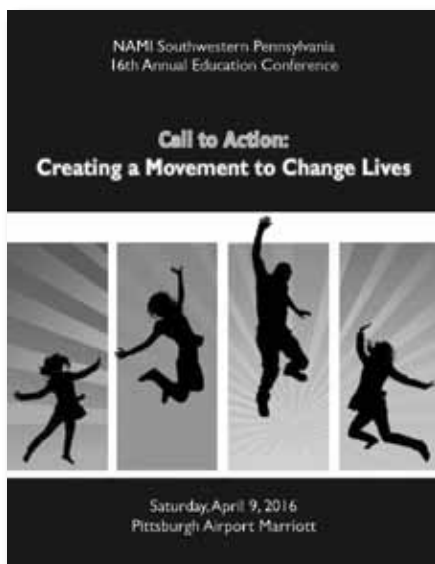
**Deb Wasilchak
Chief Government Contracts Officer
Community Care Behavioral Health**



2016 NAMI Walk Honorary Chair

**Michelle Wright, WTAE-TV
News Anchor/Reporter**

**Walk with us to raise awareness of mental illness. Together we will spread the word that
treatment works and recovery is possible!**



16th Annual Education Conference Starts Regional Conversation Regarding First Episode Psychosis Programs

The 16th Annual Education Conference hosted by NAMI Southwestern PA was held at the Pittsburgh Airport Marriott on Saturday,

April 9. With more than 200 people in attendance, the Conference focused on new interventions and treatments for First Episode Psychosis. Offering a host of distinguished researchers, presenters, and panelists, attendees listened to compelling new research that will dramatically change how a First Psychotic Episode is treated throughout the region.

Promising intervention programs for First Episode Psychosis have shown to offer real hope for recovery for the 100,000 adolescents and young adults who experience their first psychotic episode each year. Typically, this occurs during a critical developmental stage of an individual's life between the ages of fifteen and twenty-five. Without early treatment, research has shown that young adults are at risk of dropping out of school, unemployment, drug and alcohol abuse, incarceration, and suicide.

The Conference kicked off with a presentation by Dr. Irene Hurford, Assistant Professor in the Department of Psychiatry at the University of Pennsylvania. Dr. Hurford is also the Program Director at P.E.A.C.E. (Psychosis Education, Assessment, Care, and Empowerment), a program of Horizon House. During her morning keynote address, Dr. Hurford presented her findings and data accumulated at P.E.A.C.E. during her tenure as Program Director. As a result of her time working with young individuals who have experienced a first psychotic episode, Dr. Hurford concluded that early intervention reduces symptoms, improves functional activities and quality of life, and it's cost-effective. Following her hour-long presentation, Dr. Hurford fielded questions from an enthusiastic audience and provided her contact information for future inquiries. For more information about Dr. Hurford and her work, please contact the NAMI Southwestern PA office.

Despite a power failure that turned the room to total darkness – twice, the audience enjoyed a lively morning panel discussion entitled “Changing the Mental Health System to Better Serve Emerging Adults.” Moderated by our own Executive Director, Christine Michaels, the panel featured the following professionals and experts:

- Srihari Bangalore, MD, MPH, Medical Director: ADHD Across the Lifespan Clinic, and Services for Treatment of Early Psychoses (STEP) Clinic; Assistant Professor of Psychiatry, Western Psychiatric Institute and Clinic
- Mark Fuller, MD, CEO and Medical Director, Value Behavioral Health of PA
- Denise Macerelli, LSW, ACSW, Deputy Director, Office of Behavioral Health
- Sherry Shaffer, Regional Director of Allegheny County Programs, Community Care Behavioral Health Organization



Panel participants, standing: Dr. Srihari Bangalore and Denise Macerelli. Seated: Dr. Mark Fuller and Sherry Shaffer.

The panel discussed the current protocol and procedures implemented throughout the region to treat First Episode Psychosis and ways to implement the changes suggested by Dr. Hurford and other experts.

During the NAMI Southwestern PA Annual Membership Meeting, Christine Michaels ceremoniously gave the Dick

continued on next page

Jevon Advocacy Award to a well-deserving Eva Bednar, NAMI Southwestern PA Board Member and President of NAMI's South Hills Affiliate. Eva has been a tireless mental health advocate for more than thirty years and continues to raise awareness about mental health and fight the stigma associated with mental illness.

The afternoon keynote address was given by Zach Valenti, a filmmaker and voice actor who founded *Project Uplift*. After a self-described "very bad mental experience" in college, Mr. Valenti went on to invent brainwave-sensing technology that helped him maintain focus and practice mindfulness.



Christine Michaels pictured with *Project Uplift*'s Zach Valenti

During his presentation, Mr. Valenti discussed the makings of a true movement and encouraged the audience to continue their work and advocacy long after the conference ended. He also taught the audience a meditative exercise designed to help focus their thoughts and relax their minds. In an unprecedented announcement, Mr. Valenti declared *Project Uplift*'s technology

"Open Source," saying he would provide it to the public, free of charge, so others could advance his work that he had developed to help others practice mindfulness and fight mental illness.

The final speaker of the day was NAMI CEO, Mary Giliberti, who gave an impassioned speech about NAMI's national advocacy efforts. Describing NAMI's "broad movement" to improve the lives of people in the U.S. affected by mental illness, Ms. Giliberti emphasized the need for everyone to contribute to the movement in order to create the "NAMI Effect," a ripple effect caused by NAMI that makes a difference in the lives of others. Ms. Giliberti also called on Congress to pass comprehensive mental health legislation to support state innovations, in addition to advocating for an overhaul in the training provided to law enforcement officers and other officials throughout the judicial system who interact with people with mental illness. Finally, Ms. Giliberti thanked the audience for their contribution to NAMI's movement, locally and nationally, citing the work of countless volunteers, supporters, and staff. Their efforts help to produce the NAMI Effect, through which many ripples of hope come together to improve the lives of others.



We hope all in attendance learned as much as we did about the new developments in the treatment of First Episode Psychosis, in addition to the many advocacy efforts of which NAMI is a part. We look forward to seeing you again next year for another fun and interesting conference. 🌐

Thank you to the 2016 Conference Sponsors

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Conference co-sponsored by Allegheny County Department of Human Services, Offices of Behavioral Health and Western Psychiatric Institute and Clinic

In the Spotlight...

NAMI Southwestern Pennsylvania is increasing our capacity to fulfill our mission of providing support, education and advocacy to individuals and families affected by mental illness. Five new professionals have joined the staff since February. “For our organization to stay relevant and dynamic, we need a diverse and creative staff,” explains NAMI Southwestern Pennsylvania Executive Director Chris Michaels. “Our multi-disciplinary team of both new and long-term employees brings a wealth of experience and ideas, positioning NAMI as a leader on mental illness in our region.”

NAMI Southwestern Pennsylvania



Matthew J. Kozlovac, *Director of Communications and Development*

Matt comes to NAMI Southwestern Pennsylvania from Catholic Charities of Pittsburgh. He envisions his role as informing the community about NAMI’s services and advocacy work, and raising the funds required for NAMI Southwestern PA to continue

our critical work. He earned bachelor’s degrees in International Business and Spanish for International Trade from Indiana University of Pennsylvania and a Master’s in International Development from the University of Pittsburgh. He also serves on the Board of Directors at Casita Copan, an organization that educates and empowers children and mothers in Copan Ruinas, Honduras (www.casitacopan.org).

Julianne Washington, JD, *Advocacy Director*



Julianne is a licensed attorney and former advocate for domestic violence victims, who spent several years representing indigent parents involved with Allegheny County’s child welfare system. In her new position as Advocacy Director, she manages NAMI Southwestern PA’s adult advocacy program and

supervises the adult mental health advocate as he assists individuals who are involved in the ACSP process. Julianne aspires to influence public policy and diminish stigma in her position with NAMI. She holds a Juris Doctorate from Texas Tech University and a Bachelor of Arts in English from Gannon University.

NAMI Southwestern Pennsylvania Welcomes New Staff

Consumer and Family Satisfaction Team of Indiana County

Agnes Hockenberry, *Indiana Interviewer*



Agnes joined the staff in February 2016 as a part-time interviewer for Indiana and Kittanning. As a family member, Agnes is able to establish an immediate connection to the individuals she interviews, encouraging them to tell their stories and describe successes and challenges in their recovery journeys. She earned both a Bachelor of Science in

Elementary Education and a Master of Science in Industrial and Labor Relations from Indiana University of Pennsylvania.

Consumer Action and Response Team (CART) of Allegheny County

Kathleen Stamm, *CART Family Interviewer*




Kathy has more than 30 years of experience in the nursing field. She most recently worked for 10 years at Allegheny Valley School, preceded by 10 years in home care. She considers working for CART the next step in her life-long mission to help people. Kathy appreciates being able to interact

with consumers, explain how the behavioral health system works in Allegheny County, and provide awareness and education about the variety of services that are currently available to those with mental illness and their families.

Melissa Yost, *Interviewer/Data Processor*



Melissa brings 10 years of experience at United Healthcare to her position with CART. She conducts face-to-face and telephone interviews, giving individuals a voice in evaluating the access to and quality of the behavioral health services they receive. Her goal is to participate in improving the region’s behavioral health system, as well as

to connect with and encourage each individual she interviews. Melissa holds a Bachelor of Arts in Telecommunications from The Pennsylvania State University. 



Signature Education & Support Programs

NAMI Southwestern Pennsylvania offers an array of peer-facilitated support groups, education programs and seminars for mental health professionals and family members of people living with mental illness as well as for individuals living with mental illness themselves. All of NAMI's education opportunities, in addition to advocacy initiatives in southwestern Pennsylvania, can be accessed through www.namispwa.org.

NAMI Family-to-Family is a free, 12-week course for families, partners and friends of individuals with serious mental illness taught by more than 3,500 trained NAMI family members and caregivers of individuals living with mental illness. The course focuses on the emotional responses families have to the trauma of mental illness and participants learn coping and communication techniques, strategies for handling crisis and relapses, and will receive up-to-date information on medication, research, and guidance on locating services and supports. Many family members have described their experience in the program as life-changing.

NAMI Family Support Group Program is a free, monthly meeting of caregivers of individuals with mental illness where family members can talk about their challenges and help one another through their learned wisdom. Meetings are facilitated by trained NAMI members and participants are encouraged to share actively in the work of the group.

NAMI Basics is a free, six-week, education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been diagnosed.

In Our Own Voice is a unique public education presentation that offers insight into the hope and recovery possible for people for people living with mental illness. Trained individuals living with mental illness lead a brief, yet comprehensive and interactive, presentation about mental illness.

NAMI Smarts for Advocacy: Telling Your Story is a 6.5-hour skill-building workshop that assists individuals with developing an effective way to tell their stories and present the facts to encourage legislative action. The curriculum includes three main components and can be presented individually: Telling your Story, Contacting your Policymaker and Meeting your Policymaker.

NAMI Ending the Silence is a 50-minute mental health awareness program designed for high school age youth. This in-school presentation gives teens the opportunity to learn about mental illness directly from family members and young adults living with mental illness. *Ending the Silence* enables students to recognize symptoms/warning signs of mental illness, help themselves or a friend who may be experiencing mental health problems and provide students with resources for mental health supports and services.

**Improving Lives:
Be Part of the Solution**

For Families and Individuals Affected by Mental Illness

Education Corner...

NAMI Southwestern PA welcomes newly trained NAMI *In Our Own Voice* Presenters and NAMI Family Support Group Facilitators

It's been an exciting and busy spring in the NAMI Southwestern PA office as we conducted trainings for both NAMI Family Support Group facilitators and *In Our Own Voice* presenters. These two NAMI programs are integral pieces of NAMI's mission of support, education, and advocacy and are especially strong tools in the fight against stigma.

NAMI Family Support groups were created in 1999 because families who were facing a mental health diagnosis of a loved one felt alone, isolated, and had no hope. Today, NAMI Family Support Groups can be found in 47 states, Canada, and Mexico. More than 8,000 new people attend NAMI Family Support Groups annually. These groups are an essential part of NAMI's core as they provide families a caring community where they can support each other through their learned wisdom.

This past February, 13 family members from Allegheny, Beaver, Clarion, Greene, Washington and Westmoreland Counties, took part in the two-day, NAMI Support Group Facilitator training. State trainers Christine Michaels and Mim Schwartz led the training with their compassion and combined wisdom. The newly trained facilitators are David Aitken, Carla Braund, Leslie Denton, Desiree Doyle, Jim Gleason, Teresa Gleason, Megan Lyons, Robert Mazzaferro, Kevin Morris, Shawna Santella, Emily Stavavy, Linda Whalen and Jennifer Zuck. Some of these individuals will be taking over the facilitator duties of previously established NAMI Support Groups, while others are looking to begin new NAMI Support Groups in their county. We wish each of them the best and look forward to hearing from them as their groups continue to grow.

This March, NAMI Southwestern PA added even more individuals to the NAMI team as ten individuals from Allegheny, Beaver, and Washington Counties successfully completed the two-day presenter training for NAMI's Signature Recovery Presentation Program, *In Our Own Voice* (IOOV.) State trainers Susan Harrington and Laura Thomas lent their support and insight to the group through their own experiences as presenters.

NAMI's *In Our Own Voice* is a free, 90-minute presentation that raises awareness of the realities of living with a mental

health diagnosis. More importantly, *IOOV* provides audiences with personal testimonies supporting that recovery for individuals living with mental illness is possible.

During an *IOOV* presentation, trained individuals share their experiences with difficult symptoms, finding acceptance and gaining knowledge of their illness, and the treatments and specific coping skills that have helped them along their path of recovery. Lastly, presenters reveal with audiences their successes and dreams for the future. *IOOV* audience members also have the rare opportunity to have an informed dialogue with individuals who have lived experience with mental illness.

IOOV offers individuals an easy and accessible way to learn public speaking skills. Presenters learn how to organize the details of their story, prepare for audience member dialogues, and tailor presentations to specific groups. As they shape their personal journey into the *IOOV* format, their story becomes a powerful tool that not only helps others, but is another helpful tool in the individual's recovery process. By validating their own experiences, recognizing their triumphs, and witnessing their words helping others, *IOOV* presenters can often find this type of story-telling therapeutic and confidence-building.



Individuals who completed the recent training were: Alyssa Cypher, Karen Edwards, Jeffrey Fitzwilliam, Matt Julian, Linda Ogden, David Ogden, James O'Toole, Bonnie Palmieri, Amy Pollock, Debra Powell, and Fred Terling. Congratulations to each of them and best of luck as they share their stories throughout the counties! 🌟

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, 3rd Weds., 7:30-9 pm
Contact Email: nami.south@gmail.com

NAMI Pittsburgh North - Ross Township, 1st Weds, 7-9 pm
Contact: Candy/Pete Venezia 412-361-8916

NAMI Pittsburgh East-FAMILIAS - Churchill, 4th Weds, 7-9 pm
Contact: Mim Schwartz 412-731-4855

NAMI Spouse Support Group - Churchill, 1st Weds., 7-9 pm
Contact: Mim Schwartz 412-731-4855

NAMI McKeesport, Penn State McKeesport, 2nd Thurs., 7 pm
Contact: Violet Ludwig 412-373-7977

NAMI Western PA Borderline/Personality Disorders Family Support Group - Ross Township, 3rd Sat., 11-1 pm
Contact: Jo Burkholder 724-776-5974

NAMI W.P.I.C. Family Support Group - Oakland, 2nd Mon., 6-7 pm. Contact: Sue Rudisin 412-246-5859

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 for more information.

Family Support Groups:

Butler – Last Weds. each month, 6:30 pm, Mental Health Association, Voyagers Room.

Zelienople – 2nd Tues., 5:30 pm, Passavant Retirement Community Center

NAMI Connections, Peer Facilitated Recovery Support Group
1st Fri., 1:30 pm, Mental Health Association, Voyagers Rm

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 pm
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 Tuesday 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.

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McKnight Plaza, Suite 200
Pittsburgh, PA 15237-3351

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

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www.namiswpa.org

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NAMI MEMBERSHIP FORM

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
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- ☐ Send my copy of the Voice electronically. (provide email above)
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Please make check payable and mail to:

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

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.

