



National Alliance on Mental Illness

The Voice

The Newsletter of NAMI Southwestern Pennsylvania

Volume 18, Issue 2 September 2013

Strengthening NAMI’s Family-to-Family

NAMI’s Signature Education Program Receives Designation as Evidence-Based Practice and Expands in Southwestern PA

NAMI’s flagship education program, Family-to-Family, is a nationally-acclaimed, 12-week course that empowers family members to gain the confidence and strength they need to cope with a loved one’s serious mental illness. Family-to-Family offers a highly structured standardized curriculum, developed and taught by trained family members, and is in high demand throughout the NAMI Southwestern Pennsylvania service area.

“I recommend this program to everyone I know who is faced with the daily challenges that come with a loved one who has a serious mental illness,” explains Maria Nychis, a certified Family-to-Family Instructor in Allegheny County. “This course offers a unique environment of education and support that is unlike anything else I’ve experienced.”



NAMI Southwestern PA’s Education and Support Specialist Susan Harrington (center) pictured with Family-to-Family State Trainers Carol Caruso and Wendy Stewart

“Family-to-Family provides loved ones with a tremendous amount of valuable information in each of the 12 classes,” comments Washington County Family-to-Family Instructor Leslie Gill. “And the structure of the course provides great support to family members, reassuring them that they are not alone and giving them hope for the future.”

In weekly 2.5-hour sessions, Family-to-Family provides information and discusses the clinical treatment of many serious mental illnesses, including schizophrenia, bipolar disorder, major

depression, panic disorder, obsessive compulsive disorder, borderline personality disorder, co-occurring mental illness and addictive disorders. Other key topics include medications, community services and recovery efforts, as well as self-care strategies such as mutual assistance, communication, stress reduction, problem solving and limit setting, as well as advocacy.

“I think that most attendees of Family-to-Family focus on themselves for the first time during this course,” explains NAMI Southwestern Pennsylvania Executive Director Christine Michaels. “Family members are typically the

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From the Desk of the Executive Director

Christine Michaels, MSHSA
Executive Director, NAMI Southwestern Pennsylvania

After over two years of lamenting the sad state of affairs with the Dept. of Public Welfare and the cuts to the community mental health system, I am finally out of that funk. I feel like my old self, renewed, revived, ready for the change and eager to add my two cents into the mix. I am positive, forward thinking, excited about the future and appreciate that my career will span these historic times of healthcare reform.

Please read this edition of the newsletter with a keen eye on the positive activities we at NAMI Southwestern Pennsylvania are participating in—to be involved, to be relevant and to be active and influential in the system. We have Mental Health First Aid (MHFA) instructors on staff, and we belong to a MHFA regional collaborative to bring MHFA to southwestern Pennsylvania. Our Associate Director Debbie Ference was selected to serve on a statewide workgroup for Transition Age Youth. And our “Lucky Number 7” NAMI Walk is off to a terrific start.

Read about our Family-to-Family education program expanding in the southwest region. In the Spotlight, you’ll see the importance and vitality of the southwest regional NAMI affiliates showcased. And, our CART (Consumer Action and Response Team) program moved from downtown to our building. We are all together under one roof and better able to support the CART program.

Personally, SAMHSA Administrator Pam Hyde’s visit to Pittsburgh on June 14 was a turning point for me. She provided the essential inspiration and motivation to lift me out of the dark quagmire that enveloped the community mental health system. Administrator Hyde’s straightforward, positive and compassionate presentation provided the lift, the *hope* I needed—and I think we all needed—here in southwestern Pennsylvania. It was the highlight of my career, 28 years old on June 1.

I hope this newsletter communicates all the positive energy we are feeling and that it is contagious. I hope that you feel it, too! I also hope to see you at the NAMI Walk on October 13!

Thank you and take care,

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

Final PA State Budget Highlights

Late on Sunday, June 30, 2013, Gov. Corbett signed a \$28.375 billion budget for Fiscal Year (FY) 2013/14. Community mental health services were flat funded and maintained the 10 percent budget cuts of FY 2012/13.

The Human Services Block Grant was expanded to include 10 additional counties to the original 20 from last year.

Even though the Senate included Medicaid expansion in the Welfare Code bill, House Bill 1075, the House removed Medicaid expansion and the name change of the Dept. of Public Welfare to the Human Services Dept.

Thank you to everyone who joined us in rallying for Medicaid expansion in the state budget. Expect new opportunities and Call-to-Action alerts in the fall.

New Anti-Poverty Initiative

The PA House Republicans established a new policy initiative, the “Empowering Opportunities: Gateways out of Poverty” initiative, to study the many faces of poverty across the state and to address poverty in urban, suburban and rural areas. One and a half million PA residents live below the poverty level, a little more than 12 percent of the state’s population.

Cuts to Food Stamp Program Coming in November

In November, the Supplemental Nutrition Assistance Program (SNAP), formerly called food stamps, will be cut, leaving 1.8 million Pennsylvanians finding it harder to feed their families.

Dept. of Corrections and Certified Peer Specialists

Two hundred and thirty offenders are certified as Peer Specialists in 13 prisons statewide. The Dept. of Corrections (DOC) hopes to have Certified Peer Specialists in every

prison by 2004. Approximately 21 percent of DOC inmates are monitored and/or actively treated for mental illness.

National Updates


The White House National Conference on Mental Health was held on June 3. President Obama initiated a national dialogue to increase understanding and awareness.

The Dept. of Veteran’s Affairs is hosting mental health summits across the country. The VA in Pittsburgh is hosting its summit on Sept. 6 from 8 a.m. to 12:30 p.m. at the Pittsburgh VA Healthcare System.

Former Congressman Patrick Kennedy is leading a *50th Anniversary Kennedy Forum on Community Mental Health* to commemorate his uncle President John F. Kennedy signing the Community Mental Health Act.

Congressional Legislation Priorities this Fall

We will be advocating support for two pieces of mental health legislation:

- **FY 2014 Appropriations Bill (S. 1284) for the Departments of Labor, Health and Human Services and Education.** Provides a \$107 million increase for the Center for Mental Health Services at the Substance Abuse and Mental Health Services Administration (SAMHSA) and a \$12 million increase for suicide prevention, and protects critical consumer and children’s services at SAMHSA.
- **The Mental Health Awareness and Improvement Act of 2013 (S. 689).** Bipartisan legislation that combines many bills, such as the Mental Health in Schools Act, to re-authorize various education and health programs related to mental health. 

NAMI Support Groups

Visit the NAMI Southwestern PA website, www.namiswpa.org, and click on the “Support” link at the top of the homepage for a complete listing and meeting dates of support groups.

caregivers, and it is so easy to become immersed in accomplishing the activities of daily living for their loved one that they forget about themselves. This program is special because it provides a component of strong emotional support and models empathy while offering intellectual learning.”

The NAMI Family-to-Family Education Program is the most widely disseminated family support service in the country, an evidence-based practice that has withstood the test of time and is a cornerstone of NAMI’s mission and vision. Its effectiveness was confirmed in July 2010, when Lisa Dixon, MD, MPH and Alicia Lucksted, PhD published preliminary results of the University of Maryland Family-to-Family study. According to their findings, “Family-to-Family participants had significantly greater improvements in problem-focused coping as measured by empowerment and illness knowledge. They had significantly enhanced emotion-focused coping as measured by increased acceptance of their family member’s illness, as well as reduced distress and improved problem solving.” (*Psychiatric Services*, June 2011)

“The opportunity to learn highly effective coping skills is critical for families who have a loved one with serious mental illness,” says Gill. “Gaining knowledge and developing problem-solving techniques encourages proactive behaviors, rather than reactive behaviors, which lead to more supportive relationships and recovery efforts.”

In Allegheny County, Family-to-Family has been the signature program for family members for 15 years. It has

grown to eight classes each year, as well as four in the neighboring counties of Butler and Washington. Each class can hold 15-20 students. Although the program has been successful in Allegheny County, with waiting lists for classes, it has been difficult to expand the program into other rural counties in the Southwestern Pennsylvania region. NAMI recognizes that people want to take a class in their own community, with their neighbors, without adding significant travel time to their commitment.

NAMI Southwestern Pennsylvania recently received a grant from the Staunton Farm Foundation to expand

Did you know that:

- Family-to-Family was recently included in SAMSHA’s National Registry of Evidence Based Programs?
- NAMI is offering a new class in Westmoreland County this fall?
- NAMI Southwestern PA is now certified to train Family-to-Family Teachers for the state?

the Family-to-Family program in the rural counties of the region, primarily focused on (but not limited to) Washington, Westmoreland and Indiana/Armstrong. Goals of this initiative are to be able to establish - within three years - strong, successful Family-to-Family programs in each of these counties, and to ensure that enough new local teachers are trained to support long term sustainability of the programs.

“NAMI Southwestern Pennsylvania has dedicated significant staff and financial resources to Family-to-Family for more than a decade,” says Michaels.

“We recognize that Family-to-Family fills a unique void and offers many tools that can be learned and immediately applied in real-life situations. Through this grant, we hope to soon be able to provide programs in locations throughout our service area to meet current demands.”

Many Family-to-Family graduates become more closely connected with NAMI Southwestern Pennsylvania, and many become mental health advocates. Others become certified Family-to-Family teachers or advance into a variety of volunteer leadership positions within the organization. NAMI

Southwestern Pennsylvania recently became certified as a state Family-to-Family Teacher Trainer to train local instructors very close to home, saving students considerable time and expense. Graduates of the NAMI Family-to-Family program who are looking for a rewarding volunteer opportunity should consider becoming a certified teacher. Call (412) 366-3788 for more information.

“I love being a Family-to-Family teacher,” reflects Nychis. “I have gained confidence in my abilities

to help others, and I learn as much teaching the class as I did as a participant. I also appreciate the encouragement and support I receive from Family-to-Family participants who are facing similar circumstances.”

If you are the parent, sibling, child, significant other or relative of someone with a severe mental illness, the NAMI Family-to-Family Education Program can help. Call (412) 366-3788 or email info@namiswpa.org today to learn more and to register for upcoming classes.

NAMI Brings SAMHSA Administrator Pam Hyde to Pittsburgh

One hundred and fifty business executives, healthcare leaders, advocates and consumers of mental health services came together on a sunny Friday in June to meet Pam Hyde, the Administrator of the Substance Abuse and Mental Health Services Administration. Known as SAMSHA, the organization is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health system of the nation.

On Friday, June 14, NAMI Southwestern Pennsylvania brought Pam Hyde to Pittsburgh for its event titled *Mental Health and Substance Use as a Public Health Issue* at the Sheraton Station Square. Administrator Hyde discussed not only mental illness as a public health issue but also the future of the mental health system under the Affordable Care Act.

“I think a lot of people, especially in the public, have viewed mental health and substance abuse as sort of a social problem,” said Administrator Hyde, referring to social issues such as homelessness, unemployment or child welfare issues. She explained why mental illness and substance abuse are public health issues and that prevention is the key.

Christine Michaels, Executive Director of NAMI Southwestern Pennsylvania adds, “If you start thinking of mental illness as a public health issue, then you begin with prevention. And that’s a new way of thinking.”

During the event, Administrator Hyde presented the most up-to-date facts and statistics about mental illness and gave an in-depth explanation of how healthcare reform will change the way mental health services are administered across the country. She also fostered an interactive discussion with questions and comments from attendees, who left the lunchtime event with a greater sense of understanding about healthcare reform.

“I’ve traveled to conferences all over, and this was the best presentation I’ve seen on healthcare reform,” said Karen Bennett, Administrator of the Department of Human Services in Greene County.

Christine Michaels agrees. “We are thrilled to bring Administrator Hyde to Pittsburgh. She represents our leadership at the national level and is our best hope of a recovery focused mental health system.”

The event was sponsored by Allegheny HealthChoices, Inc. with support from Value Behavioral Health of Pennsylvania.



Pam Hyde (*center*) pictured with Charma D. Dudley, PhD, Board President, NAMI Southwestern PA and Christine Michaels, Executive Director, NAMI Southwestern PA



Jennifer Matesa, recipient of a SAMHSA Fellowship Award, is one of several guests to ask Administrator Hyde a one-on-one question.



SAMSHA Administrator Pam Hyde shares most up-to-date information on healthcare reform.

NAMI Walks 2013

JOIN US FOR THE “LUCKY NUMBER 7” NAMI WALK!


NAMI Southwestern Pennsylvania celebrates recovery at 7th Annual NAMI Walk in October



Join NAMI Southwestern Pennsylvania for its 7th Annual NAMI Walk on Sunday, Oct. 13 at the SouthSide Works.

This family friendly event features complimentary refreshments, music, kids activities, entertainment and a 5K walk along the scenic Three Rivers Heritage Trail. The event begins at 9 a.m., and the walk starts promptly at 10 a.m. There is no fee to register but fundraising is encouraged. All funds support NAMI

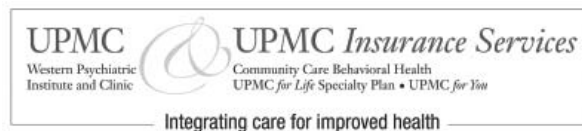
Southwestern Pennsylvania in its mission to improve the lives of individuals and families affected by mental illness through recovery focused support, education and advocacy.

For more information or to register, visit www.namiwalks.org/SouthwesternPennsylvania or call (412) 366-3788. 

2013 Walk Sponsors

The 7th Annual NAMI Walk is sponsored by UPMC & UPMC Insurance Services, as well as other generous sponsors. A complete list can be found at www.namiwalks.org/SouthwesternPennsylvania.

Premier Sponsor



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Pittsburgh Mercy Health System Resource for Human Development
Value Behavioral Health of PA, Inc. Westmoreland Casemanagement and Supports, Inc.

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MENTAL
HEALTH
FIRST AID

NAMI Southwestern Pennsylvania Offers Mental Health First Aid

You may know CPR and the Heimlich Maneuver, but can you administer First Aid in a mental health crisis?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer combined, but most people are more equipped to help someone who is experiencing a heart attack or physical injury. With two staff members trained and certified as instructors, NAMI Southwestern PA is thrilled to bring Mental Health First Aid (MHFA) to the communities it serves.

MHFA is a certification program that teaches members of the public to identify, understand and respond to signs of mental illness. It is an interactive 8-hour training course designed to increase mental

health literacy among attendees. Just like CPR training helps a nonmedical professional assist an individual following a heart attack, MHFA training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual in crisis until appropriate professional help can be engaged.

The program introduces participants to risk factors and warning signs of mental health problems such as an individual experiencing a panic attack or psychosis or exhibiting suicidal behaviors. Participants in the certification course also learn how to apply a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual who may be experiencing a mental health

crisis. In practicing the intervention strategy, Mental Health First Aiders engage in experiential activities that help build an understanding of the impact of mental illness and are provided information about evidence-based treatments and supports.

MHFA is very valuable as it teaches individuals how to respond or talk to someone who is experiencing any mental health issues. The course helps individuals to understand where the victim is coming from and what they may be responsive to, much more than just connecting individuals with resources or support groups.

If you are interested in more information about MHFA, contact the NAMI office at 412-366-3788 or info@namiswpa.org.

CART Offices have Moved to McKnight Plaza

By Paul Freund, Consumer/Family Satisfaction Services Director

CART, the Consumer and Family Satisfaction Team for Allegheny County, has been a program of NAMI Southwestern Pennsylvania since 1998. The offices were located in downtown Pittsburgh to give consumers and families convenient access to drop by and talk about their behavioral health services, and to register any complaints. However, we found that consumers and families generally preferred to call in with complaints or give feedback when CART staff visited their provider sites. To reduce expenses, a decision was made to move out of the city and into the same building as the NAMI Southwestern Pennsylvania main office.

The move occurred during the last week of June. Moving an entire office of 13 people was admittedly stressful. Staff rallied to meet the challenges, helped by the invaluable technical support from NAMI staff members Debbie Ference and Sara Levine. Now that "the dust has settled," we see many advantages to being one flight of stairs away from our administrative hub. We are able to share the conference room and eliminate transportation time and costs related to organizational meetings and trainings. There are also opportunities to communicate directly about technical problems that arise, and to solve problems quickly that were slower to be resolved

with offices six miles apart. We at CART look forward to more frequent contact and sharing resources with the rest of our NAMI Southwestern Pennsylvania family.

New Address for CART:

CART – Consumer Action and Response Team of Allegheny County

105 Braunlich Drive
McKnight Plaza, Suite 350A
Pittsburgh, PA 15237

Phone: 412-348-0126

Toll-free: 1-800-300-6026

Fax: 412-348-0133



In the Spotlight...

NAMI Affiliates and Support Groups

Why does NAMI have local affiliates and support groups?

Local NAMI support groups were formed first across the United States. NAMI, the national organization, evolved to provide united coordination, strategic direction and governance to the entire organization.

Why are local affiliates and support groups so important to NAMI?

Local NAMI affiliates and support groups are literally the grass “roots” of the organization. The network of NAMI support that reaches across the country is rooted in the local community level groups. NAMI can connect families in need with a caring NAMI member anywhere in the United States. The affiliates are the foundation that forms the network of support.

How do local affiliates work in their communities?

Most NAMI affiliates meet monthly. Many meetings are organized to include a “care and share” segment as well as an educational component. Affiliates participate in community resource fairs and various community activities. Between meetings, affiliate members often connect and support one another during difficult times.

Are there many local affiliates and support groups in Southwestern Pennsylvania?

Yes! NAMI is very active on the local level in Southwestern Pennsylvania. Eight local affiliates - including NAMI Southwestern Pennsylvania - operate in Allegheny County and two affiliates in Westmoreland County. Armstrong, Beaver, Butler, Fayette, Indiana, Lawrence and Washington counties also have a local NAMI affiliate. Support groups meet in every county across the region. See page 11 of this issue of *The Voice*, or visit www.namiswpa.org and click on the “Support” link at the top of the homepage, for a complete listing, and for meeting dates of support groups.

Shining the spotlight on two longstanding NAMI affiliates in Southwestern PA.

Spotlight on... NAMI PA Beaver County

To ensure that consumers and family members in Beaver County don’t have to face the challenges of living with mental illness on their own, NAMI PA Beaver County provides a variety of local resources that offer education and encouragement. This local affiliate has its own active Family-to-Family program and recently trained a dynamic new teacher. Through committed local advocacy efforts, NAMI PA Beaver County has established a working relationship with county government and annually receives county funding to support family education efforts. Initiatives include offering programs with recognized speakers, as well as providing scholarship funds to send local NAMI members to the NAMI Southwestern PA annual education conference each spring. Funds provided in 2012 enabled more than a dozen local members to participate in the conference and then share what they had learned with their local community.



NAMI Beaver County volunteers, Carla Braund and Connie Roman

continued on next page

NAMI Beaver County is eagerly anticipating significant growth in its programs and services with the opening of its first office space late this fall. The donated office space, conveniently located on the main street in Beaver, will include a conference room, kitchen and library, as well as administrative office space. Plans are to promote greater connections among the community's mental health consumers, family members and health professionals through coffee hours, movie nights, interactive pot luck dinners, a book club and fitness programs.

Expanded education programs will feature greater use of technology, including web-based education. Support groups will have a regular place to meet. "Mental illness happens right in our own backyards," explains affiliate leader Carla Braund. "People with serious mental illness and their loved ones deserve to be able to find comfort, understanding and a place to belong right here in their own neighborhood."

Spotlight On...NAMI PA Indiana County

Support is essential to assist consumers and family members in taking steps toward recovery, and NAMI Indiana County's core group of volunteers provides a variety of education, advocacy and other local resources to support its community. For nearly a decade, NAMI Indiana County has organized its own Walk. Held each May in recognition of *Mental Health Month*, the Indiana County Walk is focused on advocacy and awareness. Local dignitaries, including the three county commissioners, district attorney and magistrate, consistently participate in either the Walk or the accompanying rally held in front of the courthouse. This year's Walk attracted more than 75 participants and was prominently featured in the *Indiana Gazette* newspaper, helping to raise local awareness about serious mental illness and combat stigma.

Every fall, NAMI Indiana County hosts a kick-off event at Blue Spruce Park, including a pot luck picnic and prominent local speaker. Support groups are held monthly from September through early summer and feature speakers from across the state. Education and advocacy meetings



A march of NAMI supporters of the down Philadelphia Street in Indiana following a rally at the county courthouse for Mental Health Month this past May. (Photo credit Indiana Gazette)

are also held monthly, and this NAMI affiliate actively advocates for the employability of those with serious mental illness to employers throughout Indiana County. On May 23, NAMI Indiana County held an employment workshop in collaboration with a number of community partners, which was attended by more than 50 mental health consumers.

"As the first NAMI in Pennsylvania to invite consumers to our support group meetings nearly 30 years ago, we have always been advocates of bringing all those affected by serious mental illness to the table - family members, health professionals, mental health consumers and other community members alike," explains affiliate leader Jim Bernard. "Through teamwork and collaboration, we can accomplish so much more than when we try to make changes on our own."

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 the Spotlight*, please email dgarda@namiswpa.org.

NAMI Associate Director Selected to Serve on Statewide Workgroup to Help Emerging Young Adults

Debbie Ference, the Associate Director of NAMI Southwestern Pennsylvania, was one of 25 members chosen to participate on a statewide Transition Age Youth (TAY) Services and Supports Workgroup established by the Office of Mental Health and Substance Abuse Services (OMHSAS). The ultimate goal of the workgroup is to develop system-wide solutions to current barriers and better enhance existing services and supports to meet the needs of Transition Age Youth across the Commonwealth. SAMHSA has identified the population of “Transition Age Youth” as “Emerging Young Adults.”


The first meeting was held in Harrisburg on June 11. The group created a list of Shared Values that guided the work of the group. A list of barriers was identified and three common themes emerged: Infrastructure around Housing and Transportation; Regulatory Red Tape; and

Community & Natural Supports geared toward Independent Living. Three sub-committees were created, and each group has been meeting by conference call to develop work plans to address the issues.

A set of *Basic Guiding Principles* was created as a policy and systems framework for emerging young adults:

- Service delivery must embrace a developmental framework, recognizing that aging-out youth are not at the same developmental stage and are significantly different from adults.
- Preparation for adulthood is a collaborative process that must be developmentally appropriate, continuous and supportive.
- Youth should participate in all aspects of service planning and delivery to the fullest extent possible.

- Life experiences of these youth that may include abuse, neglect and other traumas should be understood in a trauma-informed context.
- Services and supports must be youth-centered, family-focused and collaborative across all systems and inclusive of all of those involved in the care of youth.
- Services and supports must promote cultural permanency that relates to a youth’s connection to family, tradition, race, ethnicity, language and religion.
- Services and supports should promote the physical, emotional, social and educational needs of youth.

A second meeting was held on August 6 in Harrisburg with Dennis Marion, Deputy Secretary for OMHSAS, in attendance. Look for updates in future issues of *The Voice*. 

NAMI Southwestern PA 2013 Organizational Supporters

AERI Behavioral Health Services ACHIEVA
The Alliance for Infant and Toddlers Allegheny HealthChoices, Inc.
Butler County Human Services Community Care Behavioral Health
Familylinks Family Behavioral Resources
Fayette County Behavioral Health Administration HSAO
Pace School Pittsburgh Mercy Health System
Pressley Ridge Project Transition Southwest Behavioral Care, Inc.
Southwest Behavioral Health Management, Inc. The Watson Institute Friendship Academy
Westmoreland Casemanagement and Supports, Inc.
Value Behavioral Health of Pennsylvania

If you are a mental health professional or provider organization, consider joining the organizations listed above and become an Organizational Supporter of NAMI Southwestern Pennsylvania.

For details, contact Darcey Garda at dgarda@namiswpa.org or (412) 366-3788 ext. 23.

NAMI Support Groups...

Visit the NAMI Southwestern PA website, www.namiswpa.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@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

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) 543-4581

Beaver County

NAMI Beaver County - Rochester, 3rd Thursday of each month
Contact: Carla Braund at 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 - 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 - Monessen & Irwin locations
Contact: Harriett Hetrick (724) 872-2186

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

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1-888-264-7972

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7th Annual NAMI Walk
Sunday, October 13, 2013
5K Walk
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**Join NAMI Southwestern Pennsylvania for
the 7th Annual NAMI Walk**

For more information visit: www.namiswpa.org