



NAMI

The Voice

National Alliance on Mental Illness

The Newsletter of NAMI Southwestern Pennsylvania
an Affiliate of NAMI Keystone Pennsylvania

Volume 20, Issue 3 September 2017

NAMI National Hosts Annual Conference in Washington, D.C. CEO Highlights Program Growth and Outreach as Priorities

Our nation’s capital served as the epicenter for a gathering of the country’s most dedicated mental health advocates during the 2017 NAMI National Convention in Washington, D.C. More than 1700 NAMI members and supporters attended the 4-day annual event, including staff from NAMI Keystone Pennsylvania.

“This yearly conference is really important for state organizations and affiliates so we can touch base with

NAMI National and get a feel for their priorities,” said Christine Michaels, Chief Executive Officer of NAMI Keystone Pennsylvania.

During one of her many speeches at the conference, NAMI CEO Mary Giliberti highlighted one of those focuses, which is growth. “As NAMI members, you know that one of the most effective ways we build our movement is through our programs,” said Ms. Giliberti. “Within these, we are also leveraging technology to reach more people, focusing on youth and strengthening the organization with new resources.”

Last year, NAMI’s education and support programs celebrated an important milestone by exceeding one million participants over a 5-year period. The *Ending the Silence* program saw the most growth. The mental health awareness program for teenagers expanded by 60% in one year to 2,000 presentations in 21 states. Pennsylvania is one them.

“We’ve been presenting *Ending the Silence* in schools since 2015,” said Susan Caban, Director of Education at NAMI Keystone Pennsylvania. “The program serves as a gateway in getting students to open up and talk about mental health. They feel



comfortable speaking with the young adult presenters which makes the conversation more natural and effective.”

During the convention, NAMI announced that Tipper Gore, former Second Lady of the United States, donated \$1 million to expand the *Ending the Silence* program to NAMI affiliates across the country.

“I’ve worked for decades to help Americans with mental illness, and I am thrilled to be working with NAMI to end the silence and help our children understand they are not alone, and to learn how to ask for the help they need,” said Ms. Gore.

Attendees had the opportunity to learn more about all of NAMI’s classes and programs during workshops that also

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From the Desk of the CEO

Christine Michaels, MSHSA
Chief Executive Officer, NAMI Keystone Pennsylvania

As the summer of 2017 comes to a close, this edition of the newsletter is a reflection of our really good summer along with our anticipation of a great fall (NAMIWalks takes place on Oct. 1.) In June, we formally and officially announced our new name. This was a year-long goal for us so we stopped long enough to experience the pride of accomplishment. Our NAMI National Convention began on June 28, 2017 in Washington, D.C. For the first time, we were officially recognized as

the state organization for Pennsylvania. On Hill Day, our united state delegation visited with staff representatives for Sen. Casey and Sen. Toomey. We were organized and we spoke with one unified advocacy voice for the first time in many years. We inspired each other with support and the shared understanding that we were not alone. We were part of the NAMI movement!

June into July is always the end of one fiscal year and the beginning of the new one. At the same time, what we refer to as “Walk Mode” intensifies as preparations for the August Kickoff Luncheon are finalized. The luncheon marks the shift in emphasis to Walk teams and teambuilding. Online contests for fundraising begin and the competition between teams is on. Speaking of Walk teams, our *In the Spotlight* article features Fred Terling, a Top Ten 2016 Team Captain. Meet Fred, a most valued NAMI volunteer, who is an In Our Own Voice presenter and a Connection peer support group facilitator. Thank you, Fred.

We look to the fall of 2017 with renewed dedication and motivation to serve our members, our supporters, and our community friends. Thank you all, we can’t do it without you! See you at the Walk!!

Warmest Regards,

A handwritten signature in cursive script that reads "Chris".

Christine Michaels, MSHSA
CEO, NAMI Keystone Pennsylvania

NAMI Keystone Pennsylvania Mission Statement

NAMI Keystone 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, Chief Executive Officer, NAMI Keystone Pennsylvania

Federal Health Care

It was a dramatic three months on Capitol Hill as legislators debated the future of health care and the Affordable Care Act. In May, the U.S. House of Representatives passed the American Health Care Act. But instead of debating this bill in the Senate, a small group of senators, including Sen. Pat Toomey from Pennsylvania, drafted the Better Care Reconciliation Act. The BCRA, much like the AHCA, called for cuts and caps to Medicaid, which would have limited access to mental health care. Senators also proposed a plan to repeal the Affordable Care Act without replacing it, and the so-called “skinny repeal” bill was also on the table. In the end, none of the plans had enough votes to pass so the Affordable Care Act remains intact, for now. NAMI Keystone Pennsylvania wants to thank everyone who called or sent emails, letters, Tweets and Facebook messages to their legislators asking them to protect mental health coverage. Overall, NAMI staff and members sent more than 120,000 emails to members of Congress.

State Budget

The future of Pennsylvania’s finances remains in limbo. On June 30th, lawmakers passed a \$32 billion dollar budget that Gov. Tom Wolf allowed to become law without his signature. But the spending bill has a \$2 billion deficit and state legislators can’t agree on how to fill that void. The Senate passed a bipartisan plan that included a combination of borrowing money and raising taxes. But House Republicans rejected that proposal and a small group is currently working on another plan. Legislators aren’t set to return to session until early September. Gov. Wolf has indicated that if no deal is met by the middle of September, he may have to freeze spending for certain state programs.

Pennsylvania House Bill 59

Another bill awaiting action is House Bill 59. The code bill approved by the Senate requires state officials to seek a work requirement for nondisabled, nonpregnant, nonelderly Medicaid eligible adults. It also includes limits on nonessential benefits. The Senate’s version has fewer controversial measures than the bill that originally passed in the House, which included adding a Medicaid premium for

children with disabilities whose families receive income 1,000 percent above the federal poverty level. HB 59 must now return to the House because of those changes made in the Senate. It’s unclear if Gov. Wolf would sign the bill.

Acting DHS Secretary

Gov. Tom Wolf has named Pennsylvania Insurance Commissioner Teresa Miller as acting Secretary of the Department of Human Services. Miller had been Gov. Wolf’s choice to run his proposed Department of Health & Human Services, which would have been created following the merger of four separate departments (Aging, Drug & Alcohol Programs, Health, and Human Services). That merger has not yet been approved by the legislature and Miller must still be confirmed by the Senate. Current DHS Secretary Ted Dallas has been out on a medical leave since mid-June.

Community HealthChoices Moving Forward

The implementation of Community HealthChoices (CHC) is moving forward. CHC is the new managed care insurance program for the delivery of long-term services and supports. In September, the first round of letters will be mailed informing consumers of the changes CHC will bring. Community HealthChoices will take effect in the Southwest region on January 1, 2018. The Southeast has a target implementation date of July 1, 2018. The rest of the state can expect CHC to begin in January 2019.

Electronic Visit Verification Systems

The Department of Human Services is soliciting public input from all stakeholders on the use of electronic visit verification (EVV) systems for Medicaid-funded personal care and home care services in Pennsylvania. EVV is a system that electronically verifies that personal care and home health care services were delivered. EVV systems are now required by the 21st Century Cures Act. Implementation must take place for personal care services by January 1, 2019, and for home health care services by January 1, 2023. Input should be sent by email to: RA-PWEVVNotice@pa.gov.

NAMI National Hosts Annual Conference in Washington D.C. continued from page 1

highlighted the latest mental health research and outlined strategies to strengthen affiliates.

“NAMI does a great job of organizing the daily sessions,” said Debbie Ference, Chief Operating Officer of NAMI Keystone Pennsylvania. “There’s always an effective balance of informational and research-oriented workshops that leave people with a better understanding of what’s new at NAMI and in the field.”

This was the first year that NAMI Keystone Pennsylvania hosted the state caucus as the official state NAMI organization in Pennsylvania. “I think the state caucus went very well,” said Marie Onukiavage, Executive Director of NAMI Scranton and Northeast. “I appreciated Christine Michaels and all of the staff of NAMI Keystone PA giving us updates and asking for feedback on the recent NAMI Keystone Conference and on the affiliates’ training needs.”

During the caucus, two of the candidates running for the NAMI National Board made last-minute appeals to Pennsylvania affiliate leaders responsible for voting. “I also appreciated the opportunity to hear from candidates in a very candid, direct way,” said Onukiavage. “It was very helpful, especially when I reported back to my board on the election results.”

Current board members Adrienne Kennedy and Jim Hayes were re-elected. Both candidates who visited the Pennsylvania caucus, Carlos Larrauri from NAMI Miami-Dade County in Florida and Micah Pearson from NAMI Doña Ana in New Mexico were elected. “The biggest thing I’ve learned since coming onto the board is that it is full of brilliant, passionate, and dedicated people,” said Pearson. “The work they do is vital, but doesn’t seem to make it out to the affiliates. We need to be better about transparency and opening the lines of communication going both ways.”

A third newcomer, Amanda Lipp from NAMI California, won the fifth open seat on the 16-member national board.

New from NAMI in 2018

- ~ updated versions of NAMI Peer-to-Peer and *In Our Own Voice*
- ~ online classes for NAMI Homefront and NAMI Basics
- ~ creating the NAMI Family and Friends Seminar
 - four-hour program that provides families in

Several candidates had run on a platform to shift NAMI’s focus to only helping individuals living with serious mental illnesses, but none of those candidates were elected.

“I think this election showed that NAMI affiliates don’t want to limit the organization’s reach,” said Dr. Charma D. Dudley, NAMI Keystone Pennsylvania Board President and NAMI National Board Member. “There are a lot of people of all ages with different diagnoses who need NAMI’s help, and we want to be there for them and their families.”

During the closing banquet, NAMI presented the Distinguished Service Award to Chirlane McCray, First Lady of New York City. Ms. McCray spearheads ThriveNYC, the city’s plan to address mental illness and substance misuse. Ms. McCray was unable to attend at the last minute because of the weather, but in a recorded statement played at the banquet, she said mental health advocates need to keep pressing legislators for much-needed reform. “We need lawmakers to understand that mental health care is not an option states can choose to cover or not,” said Ms. McCray. “It is essential. After all, there is no health without mental health.”



NAMI CEO Mary Giliberti leads the charge on Hill Day



Maria Kakay pictured with newly appointed NAMI Board member Carlos Larrauri

NAMI Connection Recovery Support Group Begins This Fall

NAMI Keystone Pennsylvania is now offering the NAMI Connection Recovery Support Group. NAMI Connection is a peer-led recovery support group for adults (18+) living with mental illness that offers respect, understanding, and hope.

The NAMI Connection Recovery Support Group follows a structured model to ensure that everyone in the group has an opportunity to be heard. Group participants can share personal experiences in a safe and confidential setting, gain hope, and develop relationships in this supportive environment.

NAMI Connection groups are:

- free and confidential.
- designed to connect, encourage, and support participants using a structured support group model.
- led by trained facilitators living in recovery themselves.

The NAMI Connection Recovery Support Group meets the second and fourth Monday of every month from 6-7:30 p.m. at the Dormont Library, 2950 West Liberty Avenue, Pittsburgh, PA 15216.

For more information regarding the group, contact NAMI Keystone Pennsylvania: 1-888-264-7972/ 412-366-3788 or Email: info@namikeystonepa.org.



Participant Perspectives

"NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!"

"I believe NAMI Connection means hope."

"NAMI Connection is the promise of what is and what can be in our lives."

Everyone has a story to tell



When individuals and families affected by mental illness share their stories, they reduce stigma and offer hope that recovery is possible. By sharing your personal experience with a mental health condition, you show others they are not alone.

Share your personal experience or your experience as a family member by logging onto www.namikeystonepa.org/tell-us-your-story.

Do you have a story to tell through art? If so, send a photo and a brief description of your work to info@namikeystonepa.org. We may include it in one of our conference showcases.

Countdown Begins to 11th Annual NAMIWalks

Open House & Luncheon Build Excitement for Walk Day

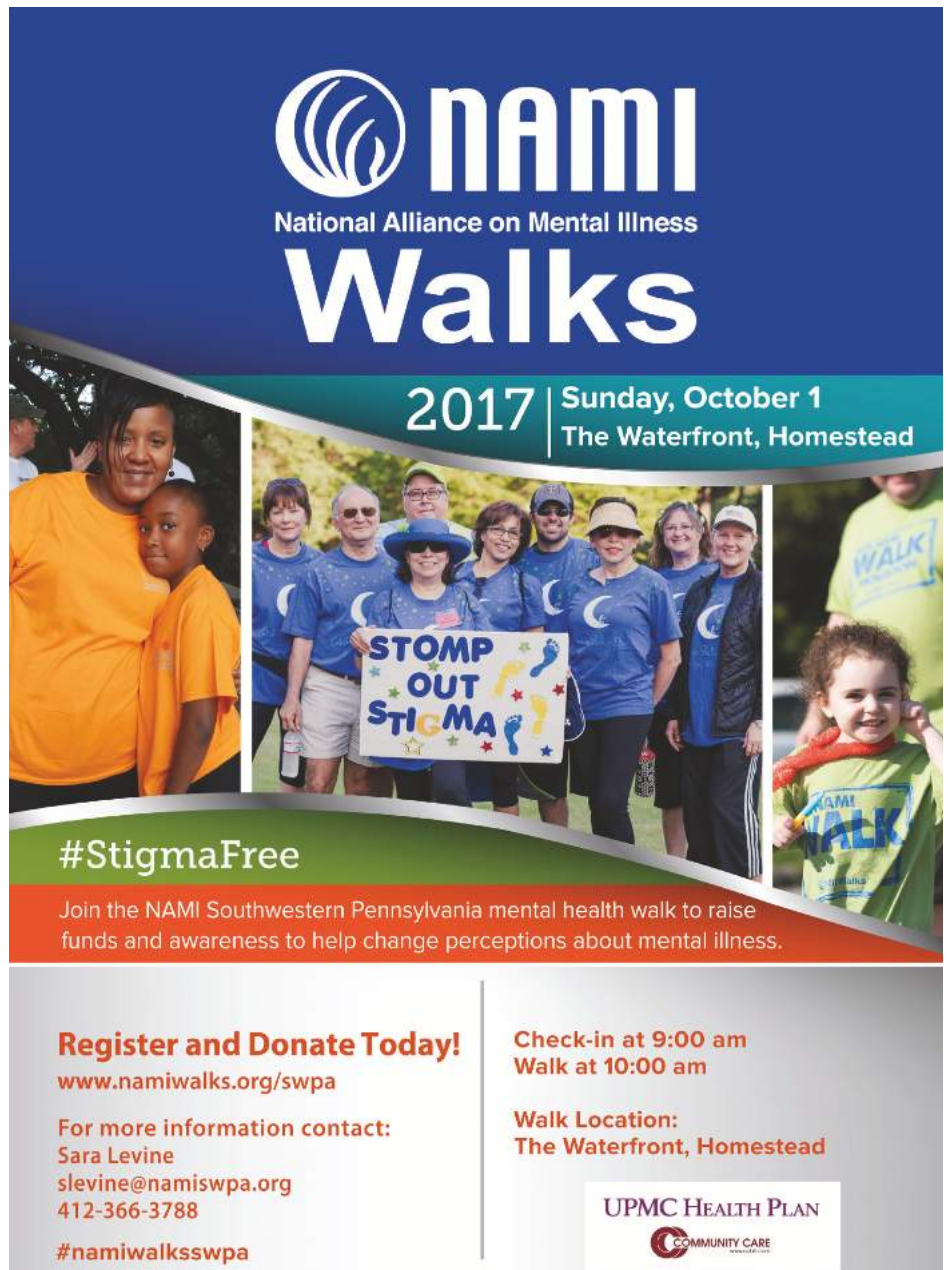
The first weekend of October is fast approaching and that means everyone at NAMI Keystone Pennsylvania is lacing up their walking shoes! The 11th annual NAMIWalks event will take place October 1, 2017 at The Waterfront in Homestead.

“NAMIWalks is the largest mental health awareness walk in the country,” said Christine Michaels, Chief Executive Officer of NAMI Keystone Pennsylvania. “For us, it is our number one fundraiser and it’s an event that we plan for and look forward to all year round.”

NAMI Keystone Pennsylvania has held two events leading up to the Walk. In June, for the first time ever, it hosted an open house at its offices in the North Hills. “The open house was an opportunity for people to register their teams and pick up Walk materials early,” said Sara Levine Steinberg, NAMIWalks Manager at NAMI Keystone Pennsylvania. “We had a great turnout and it got the momentum going, which was really exciting.”

In August, the annual kickoff luncheon was held at the Sheraton Station Square. “The luncheon is a fun event that brings together sponsors, captains, and top fundraisers,” said Steinberg. “It builds anticipation and creates a healthy competition leading up to the next Walk.”

More than 100 people attended this year’s event, including honorary chair WTAE-TV news anchor Michelle Wright. “I’ve been fortunate enough to be a part of the Walk from the very beginning and I consider it a great honor,” said Wright. “Our community wouldn’t be the same without NAMI Keystone Pennsylvania and what they do for the Southwestern region is unlike any organization.”



nami
National Alliance on Mental Illness
Walks

2017 | Sunday, October 1
The Waterfront, Homestead

#StigmaFree

Join the NAMI Southwestern Pennsylvania mental health walk to raise funds and awareness to help change perceptions about mental illness.

Register and Donate Today!
www.namiwalks.org/swpa

For more information contact:
Sara Levine
slevine@namiswpa.org
412-366-3788
[#namiwalksswpa](https://twitter.com/namiwalksswpa)

Check-in at 9:00 am
Walk at 10:00 am

Walk Location:
The Waterfront, Homestead

UPMC HEALTH PLAN
COMMUNITY CARE

The top ten teams and top five individuals for fundraising from last year’s Walk were recognized with an award. NAMI Southwestern PA Advisory Board member Jim Ehrman received certificates in the individual category and for his team, “Jim’s Jocks.” He had advice for other walkers looking to make an impact. “Have faith that you can make a difference,” said Ehrman.

“Be inspired, and let your passion drive your path.”

“We are very fortunate to have such dedicated sponsors, captains, and walkers every year,” said Michaels. “Our fundraising success would not be possible without them.”

Congratulations!

Two Pennsylvania Doctors Win NAMI 2017 Exemplary Psychiatrist Awards

The Exemplary Psychiatrist Awards program allows NAMI members, NAMI State Organizations and NAMI Affiliates throughout the country to honor the exceptional contributions that many psychiatrists make to improve the lives of people living with mental health conditions.

Drs. Hurford and Picchio are among the psychiatrists chosen this year who have “gone the extra mile” with NAMI members in ways such as:

- Working alongside NAMI members for access to care, research, funding, or other NAMI priorities
- Ensuring that the NAMI perspective helps shape state and local services
- Providing comprehensive treatment to people with mental illness including medical, rehabilitative, and social needs
- Educating people with mental illness and their families
- Educating the public and fighting against prejudice and discrimination

Irene Hurford, M.D.

Asst. Prof., Dept. of Psychiatry,
University of Pennsylvania; Dir.,
Psychosis Education, Assessment,
Care, and Empowerment (PEACE)
Program, Horizon House



Luciano Picchio, M.D.

Geisinger Holy Spirit Hospital,
Camp Hill, PA



ANNUAL NAMI KEYSTONE PA
Mental Health & Wellness Conference

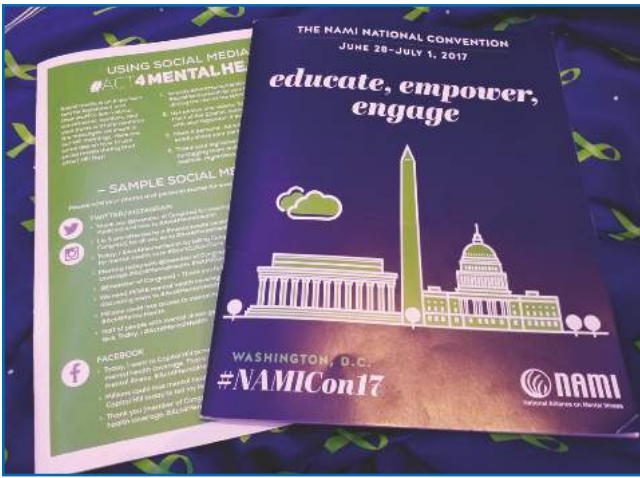
March 12-13, 2018
Best Western Premier | The Central Hotel & Conference Center
800 East Park Drive | Harrisburg, PA 17111

CALL FOR WORKSHOP PRESENTERS

DEADLINE FOR SUBMISSIONS
FRIDAY, OCTOBER 13, 2017

NOTIFICATION OF ACCEPTANCE
TUESDAY, OCTOBER 24, 2017

The graphic is a white call-to-action banner with a teal background. It features the NAMI logo (a stylized leaf inside a circle) and the text for the Annual NAMI Keystone PA Mental Health & Wellness Conference. The dates and location are listed, followed by a bold call for workshop presenters. At the bottom, two dark blue boxes with white text specify the deadline for submissions (Friday, October 13, 2017) and the notification of acceptance (Tuesday, October 24, 2017). A smaller version of the NAMI logo is centered between these two boxes.



Hill Day 2017

More Than 1,000 Advocates Visit Capitol Hill

care? If the answer is no, which it was in these instances, we cannot support the legislation.”

More than one thousand people participated in Hill Day, including nearly 40 NAMI representatives from Pennsylvania. “Hill Day was an amazing experience,” said first-timer Emilia Policare from NAMI Luzerne/Wyoming. While she didn’t expect to speak, Emilia shared her story about how she’s trying to get NAMI peer support meetings in her local prisons. “I know what it’s like to be incarcerated and to be mentally ill. So speaking on behalf of mental health and a topic that I’m really passionate about was empowering. I hope my words made an impact.”

The NAMI coalition from Pennsylvania spent more than 30 minutes each with staffers for Sen. Pat Toomey and Sen. Bob Casey. “The discussions were productive and respectful,” said Michaels. “They heard our concerns, agreed to keep our perspective in mind and we appreciate that.”

Mental health advocates by the busloads took to Capitol Hill this summer asking legislators to protect mental health coverage. The trip was part of the 2017 NAMI National Convention in Washington, D.C. The day began with a passionate speech from NAMI CEO Mary Giliberti who told supporters, “There has never been a more important time to fight for our vision of a better future for people with mental illness and their families.”

This year’s Hill Day was especially significant because it coincided with the U.S. Senate debating health care reform. “The timing of our visit to Capitol Hill was crucial,” said Christine Michaels, Chief Executive Officer of NAMI Keystone Pennsylvania. “We had the opportunity to meet with Congressional staff members and make our case for why the proposed health laws would be devastating for people living with mental illness.”

Both the American Health Care Act, passed by the U.S. House of Representatives, and the Better Care

Reconciliation Act, drafted by the U.S. Senate, called for cuts and caps to Medicaid, which would have made access to mental health care more difficult. “NAMI has a very simple test when it comes to health reform,” said Michaels. “Will Americans have more mental health coverage and better



NAMI Keystone PA’s Maria Kakay and Susan Caban pictured at Hill Day



NAMI Affiliates from Pennsylvania pictured at Hill Day

New NAMI Membership Categories and Rates

Effective July 2017, NAMI has added a Household Membership category to its membership structure and changed dues rates for its existing categories. The Household Membership will provide all individuals within the household with a NAMI membership and access to benefits.

New Membership Categories and Rates

- Household - \$60 annual dues
For individuals living at the same address
- Individual - \$40 annual dues
Standard membership for one person
- Open Door - \$5 annual dues
For NAMI members on a limited income

NAMI Keystone Pennsylvania Membership Benefits

- New, personalized membership card
- Subscription to the quarterly newsletter *The Voice*
- Discounted registration fees to events, including our annual regional Children's Conference and our annual state Mental Health and Wellness Conference
- Automatic membership to NAMI at the national level

To renew your membership with NAMI Keystone Pennsylvania log onto our website:

www.namikeystonepa.org/become-a-nami-member.

SAVE THE DATE!

NAMI Keystone PA Presents

**Child and Adolescent
Mental Health
Conference**

Friday, June 8th, 2018
Pittsburgh Airport Marriott

Featuring Keynote Speaker
Dr. Ross Greene

Originator of the Collaborative & Proactive
Solutions (CPS) approach and bestselling author of
The Explosive Child and *Lost & Found*

Who should attend?

Social workers; Psychologists; Special Education and Classroom Teachers; School Administrators; Early Childhood Professionals; Therapists and Counselors; Parents and Caregivers; Local Community Leaders; and regional, county and state government leaders in southwestern PA.

Continuing Education Credits Offered

For Partners

Sponsorship, exhibitor, and advertising opportunities are available. For more information, contact Sara Levine Steinberg by email ssteinberg@namikeystonepa.org or by phone 412-366-3788.

Stay Connected





In the Spotlight...

Fred Terling, NAMI In Our Own Voice presenter, NAMI Connection facilitator, PMHCA Board of Directors

How did you first get involved with NAMI Keystone Pennsylvania?

I took the *In Our Own Voice* training, which was amazing. I highly encourage those who find themselves at that point in recovery to seek it out.

You tell your story often for *In Our Own Voice* presentations. Why is sharing your experience so important?

True story. After the first day of IOOV Training, I had tickets to the Penguins game. As I sat watching the game, I couldn't stop thinking about the personal stories my classmates had shared during the day. I thought to myself how powerfully moving each one was and how everyone didn't let their disorders keep them from moving forward up the path of recovery. I thought, "Wow, if I can have that impact on others, what a gift that can be."

After getting a few IOOV presentations under my belt, I welcome the diversity of groups that I can talk with about mental health. Whether it be students or first responders, there is a sharing that takes place that is beyond therapeutic. Most recently, I spoke to a NAMI Family Support group. They weren't consumers, but rather families touched by illness. The Q&A lasted two hours. It was wonderful and one of my favorite times ever.

You are a facilitator for the new NAMI Connection Peer Recovery Support Group that meets in the South Hills. How have peer groups like Connection helped you in your recovery?

Support groups have been essential to my recovery, possibly even more so than therapy, sleep, and medication. There is an exchange with others who are going through the same things that I am. Ups and downs, changing of meds, switching of therapists, etc. We are together in dealing with our disorders. The isolation and loneliness disappears becoming a strong bond of perseverance.

This is your second year organizing a NAMIWalks team. How does this event motivate you?

I tend to push myself to overachieve, a detriment to my condition. However, by using it for something positive like NAMIWalks, I can channel that into doing something that helps other people. It's a lot of fun getting the email notifications that someone donated to my team goal.

With all of your community activities, do you consider yourself a role model?

Interesting question. I never thought of myself like that. When I think of whom my role models have been, I think of self-sacrifice and complete unselfishness for the betterment of the people around them. I once heard a quote that I won't source as Steelers' Nation will hate me, but the quote was "You don't have to respect me for me, but you're going to respect me for what people I come in contact know about me." That's kind of the footprint I hope to leave behind.

What do you see as the biggest social obstacle facing someone living with a mental illness?

Definitely stigma as it's an issue that comes up in every presentation and every group. I think it's kind of funny in a way. People are uncomfortable around those living with mental health issues, but we are the hardcore warriors who have to fight and overcome our conditions each and every day.

What is the goal of the online mental health resource guide you recently created?

The more presentations I made and more groups I attended, one thing became really clear, there was no centralized online repository for mental health resources on the web. So, I sat down at the beginning of the year and started collecting data. Most of it is out there, it just needed updated, researched, and cleaned up. It was a side project and in June, we gave it a cool name and launched Mindshareonline.com. The site is focused on western Pennsylvania covering everything from mental health to addiction resources, including support groups, information for veterans, and other resources outside of clinical help.

NAMI Support Groups...

Visit the NAMI Keystone Pennsylvania website, www.namikeystonepa.org for additional support group information and for a link to support groups throughout Pennsylvania.

Allegheny County

NAMI Connection Peer Recovery Support Group - Dormont Library, 2950 West Liberty Avenue. Meets the second and fourth Monday of every month, 6-7:30 p.m. Contact 412-366-3788 for information.

NAMI Parent Support Group - Youth and Transition-Age East Crossroads Church, East Liberty. 2nd Monday of the month, 5:30 - 7:30 p.m. Contact: Linda Thornhill, 412-247-7489.

NAMI Pittsburgh South - Mt. Lebanon, 3rd Weds. of the month, 7:30-9 pm. Contact Email: nami.south@gmail.com

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

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

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

NAMI McKeesport, Penn State McKeesport, 3rd Thurs. of the month, 7- 8:30 pm. Contact: Anna Lisa 412-527-6600

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

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

Beaver County

NAMI Beaver County - Rochester, 3rd Thurs. of each month, 7-8:30 pm. Contact: Carla Braund at 724-888-6877 or email at carlabraund@namibeavercounty.com

NAMI Connections Recovery Peer Support Group - Tuesdays at noon. 1229 3rd Street, Beaver. Contact: Carla Braund at 724-888-6877 or email at carlabraund@namibeavercounty.com

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. each month, 5:30 pm, Passavant Retirement Community Center

NAMI Connections - Peer Facilitated Recovery Support Group 2nd Tues., 4 pm, Grapevine Center, Butler.

Fayette County

NAMI-C.A.R.E. Fayette County (Consumers Advocating Recovery through Empowerment) - Fayette County Health Center, Uniontown. Meets 1st and 3rd Tuesday of each month, 5 - 7 pm. Contact: 724-438-6738

Lawrence County

NAMI Lawrence County

Contact: Sandi Hause 724-657-0226

Washington County

NAMI Washington County - Washington, 4th Thurs. of the month, 7-8:30 pm. Contact: Jim Gleason 724-416-7574

Westmoreland County

NAMI Alle-Kiski - New Kensington, 2nd Tues. of the month, 6 pm. Contact: Marci at 724-335-9883 x526.

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

- Belle Vernon, First United Methodist Church, 1st Tues. of the month except July and December, 7-8:30 p.m.
- Irwin, West Hempfield Presbyterian Church, 2nd Tues. of the month except July and December, 7-9 p.m.

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

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

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

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Address Service Requested

NAMI MEMBERSHIP FORM

*Please note new membership rates are effective beginning July 1, 2017. Annual dues include discounted rates for educational events, resource and referral information, newsletters, call to action alerts and membership in NAMI Keystone Pennsylvania and national NAMI.

- *Household membership \$60.00
- *Individual membership \$40.00
- *Open Door/Limited income (minimum dues rate \$5.00) \$_____
- Additional Contribution \$_____ Donation to remain anonymous

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (H) _____

E-mail _____

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

Please make check payable and mail to:

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

Join or donate via the website at www.namikeystonepa.org.

Membership is tax-deductible. Official registration and financial information of NAMI Keystone 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.