



National Alliance on Mental Illness

The Voice

The newsletter of NAMI Keystone Pennsylvania

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Stepping Up

11th Annual NAMIWalks Attracts Thousands, Including Many Newcomers

Blue skies and sunshine provided the perfect backdrop for the 11th annual NAMIWalks at the Waterfront in Homestead on Sunday, Oct. 1. A record 93 Walk teams hit the Three Rivers Heritage Trail on a mission to raise awareness for mental health.

“Our members and supporters know how important our Walk is to our organization and to the mental health community,” said Christine Michaels, Chief Executive Officer of NAMI

Keystone Pennsylvania. “It’s amazing to see how many people return year after year because they know how crucial it is to end the stigma surrounding mental illness.”

Honorary Chair Michelle Wright of WTAE-TV and Walk Chair Deb Wasilchak of Community Care Behavioral Health have been participating in the Walk for many years.

“The Walk is an event that I look forward to every year,” said Wright. “I get chills when I see thousands of people coming together all dedicated to one cause.”

“I love having the opportunity to be together with others who also care so much about the important work being tackled by NAMI every day,” said Wasilchak. “The Walk is a perfect venue to come together as a community to support each other and to advocate for those we care about.”

This year’s Walk raised \$158,184. While thousands of people walked the actual trail, another 1140 people participated online by making a donation.

“We had one of our most successful Walks ever,” said Sara Levine Steinberg,



NAMI Keystone Pennsylvania Board member, Michelle Hottenstein and her family enjoyed their first NAMIWalks.

NAMIWalks Manager. “We had 37 sponsors, which is our largest number to date and there were a lot of new faces, which is always a great sign.”

Two newcomers to the event included NAMI Keystone Pennsylvania Board members Michelle Gerwick and Michelle Hottenstein. Both joined the board in March 2017.

“I truly did not know what to expect as to the size and scope of the walk,” said

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From the Desk of the CEO

Christine Michaels, MSHSA
Chief Executive Officer, NAMI Keystone Pennsylvania

This edition of the newsletter is the one we fondly refer to as the “Walk Newsletter.” Besides the feature article, many pictures are included. Our message is one of greatest appreciation and thanks to everyone who supported the Walk. The positive energy the Walk generates every year renews our dedication and motivation to fulfill our mission in our daily work.

Increasing and expanding our social media activity simultaneously strengthens our ability to support, to educate, and to advocate. Check out NAMI Keystone Pennsylvania on Facebook, Twitter, Instagram, Snapchat, and LinkedIn.

We are very proud to highlight new work in the schools in the “Heed the Warning” article. Our education department is leading the wave of change by bringing *Ending the Silence* presentations to schools, helping students, teachers, and parents. The education department is also working hard on the state and regional conferences.

The Keystone Connection section provides a venue for all of the Pennsylvania affiliates to share their accomplishments and successes. There are many good NAMI happenings across the state!

Nicole Campbell, NAMI Keystone Pennsylvania’s first peer engagement and education specialist, is “In the Spotlight!” This position enhances and strengthens our organization’s focus on children, adolescents, and young adults. Nicole joins Sara Levine Steinberg, Mike McCarthy, and Alyssa Cypher as our very committed millennial staff complement. They challenge us to keep NAMI Keystone Pennsylvania current, relevant, and impactful. We greatly appreciate their collective work at NAMI Keystone Pennsylvania.

This is a busy time in public policy on both the state and federal fronts. The policy update column outlines many of the current issues. We send out action alerts regularly and hold monthly public policy conference calls. Please contact the office to receive the action alerts and/or join the monthly calls.

I want to take this opportunity to thank everyone who supports and gives to NAMI Keystone Pennsylvania. We cannot accomplish anything without you! Best wishes for a happy new year and we’re looking forward with great enthusiasm and excitement to NAMI Keystone PA in 2018.

Warmest regards,

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

Christine Michaels, MSHSA
CEO, NAMI Keystone Pennsylvania

Public Policy Updates

By Christine Michaels, MSHSA, Chief Executive Officer, NAMI Keystone Pennsylvania

Headlines from Harrisburg

In October, Gov. Tom Wolf signed bills finalizing the state budget that was four months overdue. Back in June, state legislators passed a \$32 billion spending plan that Gov. Wolf allowed to become law without his signature. But it took lawmakers several months to pass legislation to generate revenue to plug a \$2 billion deficit.

In other headlines, Gov. Wolf vetoed House Bill 59, the code bill that required a work requirement for nondisabled, nonpregnant, nonelderly Medicaid eligible adults. As for department consolidation, the governor's plan is on hold to unify the Departments of Aging, Drug and Alcohol, Health, and Human Services. However, there is a change at the Office of Mental Health and Substance Abuse Services (OMHSAS). Lynn Kovich was named Deputy Secretary at OMHSAS. Ms. Kovich has 26 years of experience in direct services and administration in both the nonprofit and government sectors.

Community HealthChoices

Implementation of Community HealthChoices in southwestern Pennsylvania is moving forward on Jan. 1, 2018. Rollout in the Southeast region, known as phase 2, was delayed from July 2018 to January 2019. The rest of the state is considered phase 3. That is scheduled for January 2020.

State Bill 200 / House Bill 200

State Bill 200 and House Bill 200 both refer to the *#StrongMomStrongBaby* campaign, which advocates are hoping legislators will pass soon. NAMI Keystone Pennsylvania has been participating in conference calls. The

#StrongMomStrongBaby campaign is a statewide effort to amend the existing early intervention law to add postpartum depression as an at-risk condition allowing infants to undergo assessments, parents to receive assistance in bonding with their babies, and if needed, early intervention services to ensure moms and babies have the best start together.

CHIP Funding

State health officials are hoping for federal action soon on the Children's Health Insurance Program. CHIP expired on September 30 and Congress has not yet reauthorized the program at a national level. CHIP will be able to continue without disruption in Pennsylvania until February 2018. According to the Pennsylvania Health Law Project, the Office of Children's Health Insurance Program within DHS is making contingency plans to close the program and timelines, notices, and other communications are being developed. CHIP provides coverage for over 176,000 children in Pennsylvania.

Tax Reform and Mental Health

Congress has struck a deal on a tax reform bill that could impact mental health. The new compromise bill includes a repeal of the Affordable Care Act's individual mandate, the fine for people who don't have health insurance. When fewer healthy people are insured, premiums increase making insurance less affordable for people with mental health conditions. NAMI Keystone Pennsylvania has been active in sending Action Alerts and posting to social media to inform members and supporters of the developments and asking them to take action by contacting their U.S. Representatives and Senators Bob Casey and Pat Toomey.



Support NAMI Keystone Pennsylvania this holiday shopping season and all year long.

- 1) Log on to www.smile.amazon.com
- 2) Select NAMI Keystone Pennsylvania

You can also save this link: <https://smile.amazon.com/ch/25-1477291>

*Every eligible purchase you make will result in a donation to NAMI Keystone Pennsylvania at no cost to you.

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Gerwick. “I was amazed at how many people were there. Beyond the numbers, there was such a positive energy about the day. To witness and participate with so many who live with and care for those with mental illness was a wonderful experience.”



“I was in awe at the sea of green shirts,” said Hottenstein. “Being a part of the Walk made you think that you should never feel alone in your struggles because there are so many people who care and support the same amazing mission.”

Abbie Donnellan, 17, was another first timer. She walked with her mother, Marcia.

“Seeing so many people at this Walk was honestly so empowering for me,” said Abbie. “To see people that have gone through similar things that I have or who were just there to support the cause made my heart happy.”

Abbie’s mom, Marcia, works as a psychiatric nurse at St. Clair Hospital. This was her second time walking as part of St. Clair Hospital’s team.

“I see how hard it is for individuals to talk about this condition and seek appropriate medical care and community support,” said Marcia.

Starting the conversation about mental health awareness, especially among young people, is personal to Abbie.

“Going to school every single day with a mental illness while also doing outside activities is hard, ridiculously hard,” said Abbie. “Raising awareness that mental health is a valid issue among grade school kids is so important.”

Marcia says the Walk was an important learning experience for Abbie.

“Abbie was able to have some important discussions with her friends about mental illness due to posting pictures of NAMIWalks on her Instagram,” said Marcia. “She got a lot of positive responses.”

Walking together made it even more special for the mother-daughter team.

“It was fantastic to share this experience with my daughter,” said Marcia. “We have great memories of participating in raising money for NAMI, and improving awareness of mental illness resources.”

Board member Michelle Gerwick also made the Walk a family affair by bringing along her husband and sons.

“The Walk was a great opportunity to live by example to further educate our teenage sons about mental illness and the importance of volunteerism to support those living with mental illness,” said Gerwick. “It is paramount that we need to advocate and support those we know as well as those we do not know.”

Next year’s 12th Annual NAMIWalks is scheduled for Sunday, Oct. 14, 2018. Supporters like Deb Wasilchak say despite progress, many myths continue to prevail.

“There is much work to be done to have a society that views behavioral health challenges as they do physical health challenges, and that is without judgement, stigma, and discrimination.”



Throughout the month of October, NAMI Keystone Pennsylvania offers prizes as an incentive for supporters to continue fundraising for NAMIWalks. Marcia and Abbie Donnellan won tickets to their first Penguins game, which took place on Saturday, Oct. 14 against the Carolina Panthers.

Keystone Connection: Highlights from Across the State

NAMI Bucks County held its first “March for the 22,” a community event intended to raise awareness of the 22 United States Military veterans who lose their lives to suicide every day. On October 22, twenty-two men and women marched 22 kilometers carrying standard military rucksacks each weighing 22 pounds. NAMI Bucks County hopes to make this an annual event.



On November 3, NAMI Keystone Pennsylvania’s Data and Communications Specialist Alyssa Cypher gave a talk at a TEDxPittsburghWomen’s event at the Ace Hotel in East Liberty. Alyssa’s talk focused on how people living with mental illness have to “perform” on a daily basis in order to fit in with society. To try and take this aspect of performance and turn it into something positive, she started a project called Anonymous Open Mic. This event invites anonymous “storytellers” to submit a poem, spoken word piece, or short story about their experience with mental illness. Then, volunteer performers from the community can sign up to perform one of these stories live on behalf of the anonymous storyteller without knowing their identity.

On November 8, NAMI Montgomery County hosted its 6th Annual Benefit for the Brain event at the Philadelphia Marriott West in West Conshohocken. The event highlights the need for both medical and non-medical research and services for mental illness. Irene Hurford, MD, was honored with the 2017 Impact Award. Dr. Hurford is an Assistant Professor in the Department of Psychiatry at the University of Pennsylvania and Project Director at the PEACE (Psychosis Education, Assessment, Care and Empowerment) program in Philadelphia. This summer, Dr. Hurford was also honored with a NAMI 2017 Exemplary Psychiatrist Award.



Accepting the award was Denise L. Kolivoski, MBA, NAMI of Erie County Executive Director (left), Steve Krivonak, Executive Assistant (middle), and Heather Christensen, Events Coordinator (right)

NAMI of Erie County was recognized at this year’s Public Relations Society of America (PRSA) Northwestern PA Chapter’s Niagara Awards. NAMI of Erie County was awarded its second consecutive Gold Niagara Award for their 2017 Community Report, “First Steps.” The Niagara Awards honor the best of Northwestern Pennsylvania’s public relations practices.

NAMI Pittsburgh East (Familias) has a Facebook page! Be sure to follow NAMI Pittsburgh East and like and share their posts! 🌐

Stay Connected



www.namikeystonepa.org



@NAMIKestonePA



HIGHLIGHTS

Top Ten Teams

CommunityCareAskesis2017,
Team Captain Duncan Bruce \$11,281.00

South Hills Stampede,
Team Captain Gerry Dugan \$4,045.00

AHCI Walks for NAMI,
Team Captain Lea Ann Gerkin \$3,843.67

Community Team- UPMC Health Plan,
Team Captain Rebecca Cullen \$3,735.00

Value Behavioral Health of Pennsylvania,
Team Captain Sue Klaus \$3,687.50

Pittsburgh East,
Team Captain Desiree Doyle \$3,456.00

Team Allegheny County DHS,
Team Captain Denise Macerelli \$3,289.00

Corinne's Cool Crew,
Team Captain Darcey Mamone \$3,155.75

Team Bellefield,
Team Captain Kelly O'Toole \$3,054.67

Pittsburgh/North Support Group,
Team Captain Sharon Vogel \$2,405.00

Top 5 Individual Fundraisers

Deb Wasilchak
(CommunityCare-Askesis2017) \$6,105

Charma D. Dudley, Ph.D., FPPR
(Value Behavioral Health of PA) \$2,250

Candy Venezia (Team Pittsburgh/North
Support Group) \$1,965.00

Joyce Beard (Team Mattie) \$1,300.00

Gayathri Karanth (South Hills Stampede)
\$1,280.00

By the Numbers:

No. of Teams: 93

Walkers not on a Team: 77

Online Participants: 1,140

Virtual Walkers: 19

Total Raised: \$158,184



Team T-Shirt Winner

Congratulations to this year's winner in the T-shirt contest

Allegheny County CSP

"Nothing's more monstrous than STIGMA!"

Mark your calendars for NAMIWalks 2018 | Sunday, October 14, 2018

#JoinTheMovement

2017 NAMI Walks Sponsors

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

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National NAMIWalks Elite Sponsor



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The Children's Institute Value Behavioral Health of PA

Curtis Mayernik, MD Jon Lloyd, MD Ohio Valley Hospital Rare Patient Voice

Achieva Family Trust Alpha Kappa Alpha Sorority, Inc. Charma Dudley, PhD, FPPR

Clifford A. & Dr. Cynthia Krey Family Behavioral Resources Greek Catholic Union

Jewish Healthcare Foundation



Pictured right: Deb Washilchak, Chief Operating and Government Programs Officer, Community Care Behavioral Health, 2017 NAMIWalks Chair and this year's top individual fundraiser.

Pictured left: Top Fundraising team, CommunityCareAskesis2017 with team captain, Duncan Bruce



Heed the Warning

School Presentations Help Identify Possible Mental Health Warning Signs

Signs warning of mental health concerns can sometimes be difficult to spot in teenagers. Mood changes, irritability, a shift in sleeping or eating habits can all qualify as expected behaviors among teens. At NAMI Keystone Pennsylvania, there is a major effort underway to help young people, their parents, and their teachers identify signs and symptoms that could indicate possible mental health concerns in young people.

“People are ready to talk about it,” said Debbie Ference, Chief Operating Officer of NAMI Keystone Pennsylvania. “Kids are feeling more comfortable discussing issues they’re dealing with, parents are becoming more receptive and we hope this is the beginning of a ripple effect.”

NAMI Keystone Pennsylvania’s education department hopes that ripple is more like a wave.

“Due to a concentrated outreach effort to school professionals earlier this year, NAMI Keystone is experiencing an overwhelming response from school districts wanting education, not only for their students, but for educators and parents too,” said Susan Caban, Director of Education at NAMI Keystone Pennsylvania. “When everyone is invested in mental health education and awareness, that’s when we will see changes begin to happen.”

The NAMI Signature Program having the most impact in schools is *Ending the Silence (ETS)*, a mental health awareness program designed for middle and high school students.

“The program makes students aware of the warning signs of a potential mental health problem that they or a friend might be experiencing,” said Caban. “We provide students with resources so they have a place to turn to if they are worried about a friend or if they need to speak with someone about what they’re feeling. We also give students tips and tools on how to begin a conversation to help a friend who might be experiencing mental health problems.”

Ending the Silence is a 50-minute program that’s designed to fit into one class period. The program also offers youth a unique learning experience by listening to young adults in recovery sharing their personal accounts of living with a mental health diagnosis. Since the 2017 school year began, NAMI Keystone Pennsylvania has delivered 7 ETS presentations to more than 250 high school students.

“Our young presenters do an excellent job of making students feel comfortable to ask questions and have an honest dialogue about mental health,” said Caban. “It generally takes just one student to open up personally for the others to feel comfortable enough to talk about what they’re feeling and from there it just becomes an empowering, real conversation.”


And it’s not just teenagers getting involved in the conversation. In October, the education team delivered a specialized presentation to parents in the West Mifflin School District PTA titled, *Strategies for Families: Helping Your Child Cope with Anxiety and Mental Health Challenges*.

“This was an interactive program where we discussed the prevalence of childhood anxiety,” said Nicole Campbell, Peer Engagement and Education Specialist at NAMI Keystone Pennsylvania. “We provided information about what childhood anxiety looks like both in school and at home, and gave parents tools and strategies to help their child cope with the symptoms of anxiety.”

Nicole, and another NAMI Keystone PA staffer, Alyssa Cypher, shared their personal experiences of being diagnosed with a mental health condition during their school years.

“For children, it is so important to create a positive space for the discussion of mental health, both at school and at home,” said Cypher. “After a negative experience with the professionals at my elementary school, I was afraid to talk about my mental illness for years. I thought I was being punished for having a mental illness, which made it hard to open up, even to people who cared about me.”

Melissa Welsh is principal at Homeville Elementary in West Mifflin. She says she’s seen children as young as three years old show warning signs. “Children now are exposed to so many stressors in life at such young ages,” said Welsh.

“Although it’s heartbreaking, it’s our job to care for that child while they are with us. It’s important for us to be able to identify these signs and have open conversations with parents and adults this early.” 

NAMI Education Calendar

More information can be found under the “Events” tab at www.namikeystonepa.org.

NEW! Thursday, February 5, 2018 - Classes for Families of Veterans, NAMI Homefront, begins.

NAMI Homefront is a free, 6-session educational program for families, caregivers, and friends of military service members and veterans with mental health conditions. Class meets once a week for 6 weeks, at the NAMI Keystone PA office in Ross Township. Call or email for more information: info@namikeystonepa.org or 412-366-3788.

Friday-Sunday, February 23-25 | Harrisburg

NAMI Family-to-Family Teacher Training

The NAMI Family-to-Family Teacher training is a 3-day training to be held at the NAMI Dauphin County office in Harrisburg, PA. Deadline for applications is Friday, Feb. 2. For more information contact Susan Caban at scaban@namikeystonepa.org.

Saturday, March 3 & Sunday, March 4

Harrisburg | NAMI Family Support Group Facilitator Training, space is limited

The NAMI Family Support Group Facilitator training is a 2-day training being held at the NAMI Dauphin County office in Harrisburg. Deadline for applications is Friday, Feb. 9. For applications please contact Susan Caban at scaban@namikeystonepa.org.

March 12 & 13, 2018

Annual NAMI Keystone Pennsylvania Mental Health & Wellness Conference, Best Western Premier, The Central Hotel and Conference Center, Harrisburg.

Keynote speakers: Edward Mulvey, PhD, Dir., Law & Psychiatry Program, Univ. of Pittsburgh School of Medicine; Mark Fuller, MD, CEO VP Engagement Center-PA, Beacon Health Options; Bethany Yeiser, author, *Minds Estranged*; Chacku Mathej, CPRP, STAR Center Director. **REGISTRATION OPEN at www.namikeystonepa.org.**

June 8, 2018

NAMI Keystone PA Child and Adolescent Mental Health Conference, Pittsburgh Airport Marriott.

Keynote speakers: Ross W. Greene, PhD, clinical psychologist, originator of the model of care, *Collaborative & Proactive Solution (CPS)*, and author of several books including *The Explosive Child* and *Raising Human Beings*; and Dior Vargas, Latina feminist, mental health activist, and creator of the *People of Color and Mental Illness Photo Project*. **Visit the event section at www.namikeystonepa.org for Workshop Proposal information.**

In Memory Of Betsy Jevon, 1930-2017

NAMI Keystone Pennsylvania would like to extend our sympathies to the Jevon family. Betsy Jevon, 87, passed away on Saturday, Oct. 14, 2017. Betsy was the beloved wife of Richard “Dick” Jevon, a longtime, highly-regarded mental health advocate who served as treasurer, board member, and volunteer with NAMI Southwestern Pennsylvania. Betsy was also mother to William L. Jevon, of Pittsburgh, and Thomas H. Jevon, of Evanston, Ill.

(Right) Dick and Betsy Jevon pose for a picture during his retirement party in 2013.





In the Spotlight

Nicole Campbell, Peer Engagement and Education Specialist, NAMI Keystone Pennsylvania

You were first featured in *In the Spotlight* in 2014. What's changed since then?

In addition to being more resilient thanks to therapy, coping skills, and self-care, I've also gone through exciting life changes. I earned my B.S. in Public Health (with a specialization in Health Promotion and Education), got engaged to my amazing fiancé, and was hired as the Peer Engagement and Education Specialist here at NAMI Keystone Pennsylvania after volunteering with NAMI for four years!

What are some the responsibilities of your new position at NAMI Keystone Pennsylvania?

Coordinating *In Our Own Voice (IOOV)* and *Ending The Silence (ETS)* presentations has been my main responsibility. I've also been working on peer-focused efforts, collaborating with schools for mental health initiatives, increasing community outreach, assisting with our social media/blog, and connecting people to resources. I get to do a little bit of everything, so it's never boring!

What initiatives are you most looking forward to?

Our peer-led programs! We're going to be introducing NAMI's Peer-to-Peer education course and expanding NAMI Connection Recovery Support Groups. I'm also happy that more colleges are starting NAMI on Campus clubs, because it means their students will have the opportunity to spread mental health awareness and tap into NAMI resources. Lastly, after all these years of presenting them, it's still exciting to present IOOV and ETS.

NAMI Keystone PA is doing a lot of work in schools with teenagers. Why is it so important to reach kids at a young age?

Just like adults, 1 in 5 teens lives with a mental health condition, with half of the people developing them by age 14 and three quarters by age 24. The earlier we talk to kids about mental health, the sooner kids can seek or provide help if they or a friend are struggling. It's

empowering for kids to know they have permission to not be okay, verbalize their feelings, and reach out for help.

In addition to offering NAMI Signature Programs, the education department organizes a lot of customized presentations for schools and companies. What should people know about these?

We love collaborating with all kinds of groups to provide informational, yet meaningful presentations. It's one thing to read information about the warning signs of mental health conditions in a textbook or pamphlet, but it's a special experience to receive that information in addition to hearing someone share their lived experience.

One of your most recent customized presentations was for parents. How critical is parental involvement for kids dealing with mental health concerns?

Parent support is vital to getting kids help sooner and their support means a lot to children. They are the ones who can make sure their child's concerns are heard and responded to appropriately, but parents often don't know where to start. That's why we encourage parents to talk to their children about mental health, voice concerns to their child's pediatrician, and contact us at NAMI.

You've recently started public *In Our Own Voice* presentations in area libraries. What do you hope to accomplish with these?

My goal is to go to where the people are and share information about NAMI and the message that recovery is possible. In a world where people can do a quick internet search for information about mental health conditions, it's great to connect with people in person to spark the conversation about frequently stigmatized mental health issues.

What is the most satisfying element of your job?

I love that everything I do is related to mental health awareness and helping people with mental health conditions. It's been pretty amazing to be able to put my lived experience and degree to good use and "pay it forward" to those who may be struggling!

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

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
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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 ☐

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- ☐ 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.