

# NAMI FAMILIAS Newsletter - JANUARY 2018

Happy New Year to all and hope you had a peaceful Holiday. Our annual Holiday party was very nice. We had about 20 people attend and had great food, a fun game and lots of good talk. Met a few new folks and hope they will return.

SADNESS, DISAPPOINTMENT, AND SEVERE CHALLENGE ARE EVENTS IN LIFE, NOT LIFE ITSELF. PAIN IS REAL BUT SO IS HOPE

The Annual NAMI Keystone PA Mental Health & Wellness Conference is March 12-13 in Harrisburg. If anyone is interested in attending please see Mim for scholarship details, etc.

## UPCOMING MEETINGS

WEDNESDAY JANUARY 24<sup>TH</sup> 7:00 – 9:00PM

Alyssa Cypher, Data & Communications Specialist, NAMI Keystone

Alyssa will speak about her personal experience and how it inspired her to start Inside Our Minds

WEDNESDAY FEBRUARY 28<sup>TH</sup> 7:00 – 9:00PM

To be determined

WEDNESDAY MARCH 28<sup>TH</sup> 7:00 – 9:00PM

Charles Alter, County speaker on commitments

WEDNESDAY APRIL 25<sup>TH</sup> 7:00 – 9:00PM

Jon Lloyd Paul Freund

Beulah Presbyterian Church, Room 104, Park and enter back of church, 2500 McCrady Rd, Churchill, PA 15235

## RESOURCES

Achieva.com support for disabled 1-888-272-7229 or 412 995-5000x565  
Alanon Family 888 425-2666  
Allegheny County MH Emergency Line 412 350-4457  
Anti-stigma blog [www.nkm2.org/news-blog](http://www.nkm2.org/news-blog) Joey Pants  
Bipolar magazine – bphope.com  
Bipolar & Depression Support Group/Edgewood – Gary 412 708-9423  
Borderline Personality Support Group 814 317-0350  
Community Care Member Services 1 800 553-7499  
Consumer Health Coalition 412 456-1877  
DOCS(Downtown Outreach Center & Shelter) 866 583-6003  
Drug & Alcohol Helpline 877 537-7852  
Emergency shelter for youth, alcohol & drug abuse counseling  
Employable 412 422-5627  
Howard Levin Clubhouse 412 422-1850  
MedlinePlus <https://nlm.nih.gov/medlineplus>  
Mental Health America (Westmore. Ct) 1 800 871-4445  
Mercy Behavioral Health 412 261-5071  
NAMI Southwestern PA 412 366-3788  
NAMI Veterans Resource Center [www.nami.org](http://www.nami.org)  
New Horizons Peer Support Center 412 766-8060  
Obsessive Compulsive Support Grps 412 363-6231  
Ombudsman Public Advocate – 1 877 787-2424  
PA Health Law Project 1 800 274-3258/Janice Meinert  
Peer Support & Advocacy 412 227-0402/ PSAN@peer-support.org  
Resolve Crisis Center – 1 888 796-8226  
Schizophrenia Resource Centre –  
Sovaproject.pitt.edu – Resource for teens and parents  
[Http://schizophrenia.elsevierresource.com](http://schizophrenia.elsevierresource.com)  
Suicide Help Line – 1-800-273-8255  
Survivors of Suicide WPIC 412 246-5633  
WarmLine 412 641-4546  
Women's Center & Shelter 412 687-8005  
WPIC Winter Videoconference series-[www.wpic.pitt.edu/oerp/video](http://www.wpic.pitt.edu/oerp/video)

## MEETINGS/CONFERENCES/EVENTS

Scholarships for FAMILIAS members available-see Mim

### NAMI SPOUSE GROUP & CARE AND SHARE – 7-9pm

meets 1<sup>ST</sup> Wednesday at Beulah. Everyone is welcome.

### PEER MENTAL HEALTH SUPPORT GROUP

Group will meet the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of every month beginning Sept 11<sup>th</sup>, 2017  
Dormont Library, 2950 W. Liberty Ave. 6PM – 7:30PM (412)366-3788

### ACHIEVA 2018 SPEAKER SERIES – 711 Bingham St-Attend in person or live webinar

Friday, Jan 12 -9am-11am Everything you need to know about community health choices. Speaker David Gates, Senior Attorney & Director of Policy, PA Health Law P

Friday, Feb 9 9am-11am Housing Options for individuals with disabilities. Speaker Michelle Stockunas, Manager, A home of my own. ACHIEVA

Friday, March 9 – 9am-11am Understanding Guardianship & Power of Attorney – What's best for my loved one. Speaker Nora Gieg Chatha, Esq.

Friday, April 13 – 9am-11am Update on Medicaid Services in PA. Speakers Janice Meinert, Paralegal, PA Health Law Project & Erin Ninehouser, PA Health Access Network

### NAMI KEYSTONE PA ANNUAL MEETING – March 12-13, 2018

Best Western Premier, The Central Hotel & Conference Center  
800 East Park Dr., Harrisburg, PA 17111

### 25<sup>th</sup> Annual OCD Conference – July 27-29, 2018

Washington Marriott Wardman Park, Washington, DC  
617.973.5801

### OUR NEWSLETTER IS ON NAMI SW WEBSITE [WWW.NAMISWPA.ORG](http://WWW.NAMISWPA.ORG)

If you need to speak to someone please call

Anne Handler – (412) 421-3656 or Mim Schwartz – (412) 731-4855

[Mimschwartz1@gmail.com](mailto:Mimschwartz1@gmail.com)

**Nami Familias Meeting**  
**Wednesday, November 15, 2017**

Familias now has Facebook – “friend” Mim to get connected

**Speaker: Jack Rozel, M.D. Medical Director Resolve Crisis Network – Guest Speaker**

Most individuals with mental illness are not aggressive or violent, but there is a subset of people that are. However at this point there is not much scientific evidence to work through how to deal with the violent mentally ill. There currently is a study to work through this issue.

Resolve has been in existence for ten years. Prior to that there were several crisis agencies providing mobile crisis intervention services. Resolve is trying to be one team; one roof; one mission. Several agencies provided funds for the service. Western Psych conducted focus groups with community groups to determine how the service should be structured. Resolve provides phone service, mobile service, a crisis center and short-term residential care. All these services are free and offered 24/7... 365 days a year. The team is 150 individuals with mostly clinicians with a variety of backgrounds.

The individual defines their own crisis. The call doesn't need to be attached to a diagnosis. The team member is able to assist the person with what is going on in the moment. Resolve services are on a voluntary basis; meaning if the individual refuses services Resolve is not able to help. In the case of an involuntary 302 crisis, Resolve is able to assist with the hospital admission in conjunction with the local police.

**The resolve phone number is: 1-888-796-8226**

Resolve is mostly created to serve the residents of Allegheny County.

Criteria for commitment came from the mental health procedures act enacted in 1976. The criteria needs to be updated. The default is always voluntary treatment. The medical team at the hospital has the final decision. The four basic involuntary criteria categories: the intent to harm oneself (suicidal intentions to take an act of furtherance); intent to harm others; inability to care for themselves, and self-injurious behaviors (like cutting). These actions need to have happened in the last 30 days. The petitions are almost always completed via computer that ensures that all the paperwork is in order and completed correctly. The county delegates must sign off on the petitions. The delegate training in Allegheny County is very good; however the only legal requirement is to have a high school diploma and pass the civil service exam. A 302 is good for 120 hours. Then a 303 must be filed that entails a hearing at the hospital that can add another 20 days. Following that is a 304 and 305 that involves longer stays.

Once a person has a documented 302 admission the information goes back to the state police and is entered into a data base that can be matched with gun control inquiries. This does not apply to firearms currently owned. This is concerning for violence and suicide.